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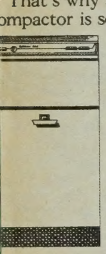
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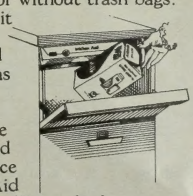
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Better Homes and Gardens®

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100 IDEAS UNDER $100

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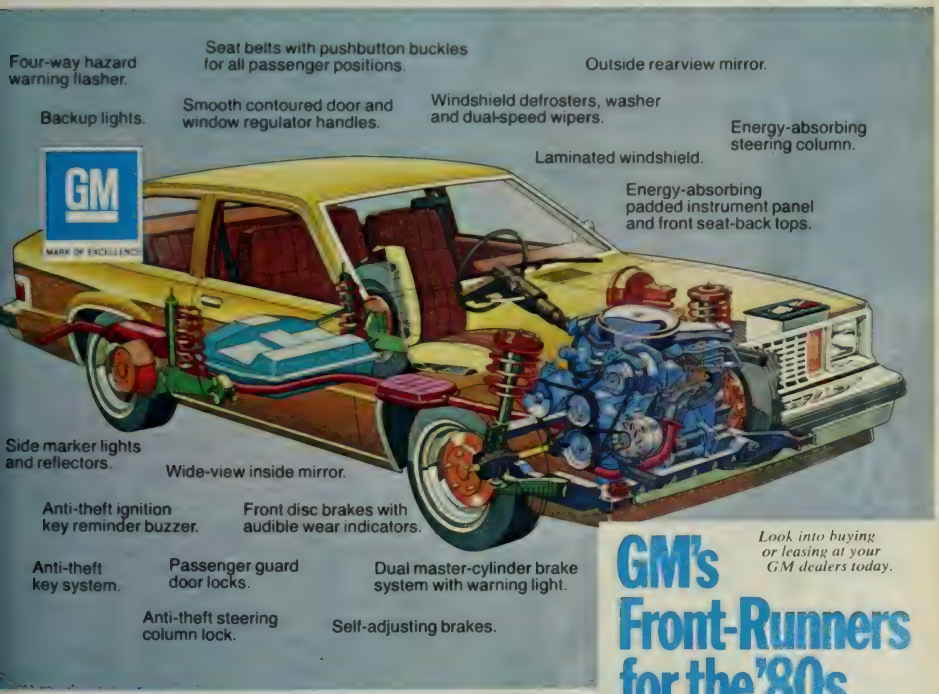
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Margaret Daly



ARE YOU PAYING MORE PROPERTY TAX THAN THE LAW REQUIRES?

No matter how heated "Tax-cut Fever" is in your area, your property tax probably will remain a major expense. Yet property tax assessments are often inaccurate. What can you do if your property has not been fairly assessed?

Tracking down the reasons for your assessment is not difficult, though the task may require time and energy. Generally, you must dig up the key facts on your own at the assessor's office and in the real estate marketplace.

The procedures for appealing your assessment are relatively simple, too. But you'll have to prepare your case carefully. It's also up to you to decide each step of the way whether the effort (and often the expense) will be worth the possible return.

What's the deadline for appeal?

You generally must appeal a specific year's assessment within the required time limits for that year—anywhere from a few weeks to a year from the date of the assessment notice, depending upon the district. You can't wait until next year to protest this year's assessment. Nor can you get a rebate for taxes you overpaid, even if you should prove later that an unfair assessment was being used for several years.

It's still worth appealing the current assessment if you think you have cause, of course. Not only may you get a reduction in taxes for the year; you also may be establishing a fairer basis for future assessments.

Most assessment notices show the deadline for appeal. If yours does not, call the assessor or tax board office. Also find out what forms and other procedures are required. If possible, make a specific appointment for presenting your case.

How are taxes figured?

All property tax bills are based upon an *appraisal* of the "fair market value" or "full cash value" of the property. A tax is then *assessed* on that full value or on a fraction of the value.

State laws or sometimes local rules determine the ratio of assessed to full market value. On a $60,000 house, for example, one district might assess taxes on the full $60,000 while another would assess on 50 percent, or $30,000. The tax is then figured by multiplying the current *tax rate*—say, $5 per $100 of assessed value, or $1,500 for that $60,000 house assessed at $30,000.

Your tax bill probably shows the actual tax rate and the assessed value of the house in dollars (i.e., "$30,000"). However, the bill may not indicate at what *ratio* to full value the tax assessment is figured in your area. The assessor or a real estate broker can provide that information.

What is your home really worth?

Your first step in challenging your tax bill is to determine exactly what your home is worth in the current real estate market. A *professional appraisal* is likely to carry the most weight in an appeal, but that could cost you $100 or $150 or more. You may be able to avoid the expense by doing some informal research on your own.

Start by asking a local real estate broker or your mortgage lender what houses comparable in size and location to yours recently have sold for in your area. If you have difficulty finding out, visit similar homes that are for sale, but remember that the prices quoted will probably be above what the owners would accept—that is, what they really think the property is worth. Also, the fact that some homes are sold under pressure (perhaps the owner must move immediately) may distort the price information you gather.

Still, by inquiring through several sources, you should come up with a realistic sense of the market value of your home—if you compare apples with apples. For a home to be similar to yours—and for a real estate tax board to accept that data—size alone is not enough. Factors such as lot location (corner versus mid-block) and form of construction count too.

Is the appraised value wrong?

You can find out if there has been an error in the assessor's appraisal by going to the assessor's office and examining the "work sheet" or "assessment record" for your property. It's a public record. Watch for errors such as:

- Dimensions. The report may state that an attic extends the full length of the house when it does not, or that there is more square footage in the house than actually exists. Carefully measure the outside perimeter of your house before reviewing the appraisal.
- Room count. A half bath might be listed as a full bath, for example.

continued

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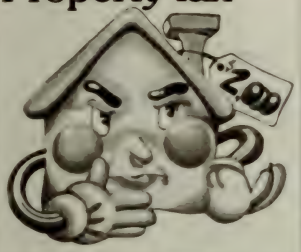
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continued

Property tax



- Materials. It's not unusual to find the wrong construction materials listed.
- Improvements. Watch carefully to see that home improvements are not assessed at more than they'd be worth in the resale market. A swimming pool is a prime example of something that usually costs more to install than it will add to the sale value of the home. A real estate broker can help you judge.
- Outbuildings. Your assessment may be based upon a description of your property that no longer applies—say, a shed has been removed from your yard.
- Sales. The assessors may have used the sales of other properties to appraise your property. Make sure those properties are similar to yours.
- Math. Yes, we all make mistakes.

Is your appraisal too high?

It's possible (though unlikely) that your property has been taxed at greater than its full market value. If so, the evidence you have already gathered, and possibly a professional appraisal or testimony by a real estate broker, should be enough to get the assessment reduced to the fair market value.

Errors are more common when the assessments are based on a fraction of the appraised value of the home. Suppose the rule is for 50-percent assessment in your tax district, and you can show your $60,000 home has been taxed at an assessed value of 75 percent—$45,000 rather than $30,000. Then you have a very good case for bringing the assessment down to 50 percent of the appraised value.

Are you paying more than your neighbor?

Suppose your assessment falls within the percentage of true value that is stated as the rule for your district. Also, you find no fault in the tax assessor's work sheet. Your tax bill still may be out of proportion to what other people pay in your area.

The important information here is something called the *assessment/sales ratio,* which can be used to determine what the *actual* level of assessment is.

The assessment/sales ratio figures may be published annually in your area. If not, you can compute the ratio yourself. It might even be wise to do so anyway, since the published figures may be out of date or include data for commercial property. Also, some boards and courts will not accept published assessment/sales ratio figures as evidence for an appeal.

To figure the ratio, add together recent sales figures for a dozen or so homes in your tax district. Then look up the assessed values on each and total those figures. (The tax rolls are public documents.) Divide the assessed value totals by the sales figure totals, and you'll get an average for those homes—what percentage of fair market value (the actual sales prices) was assessed for taxation.

Let's say the total sales amount to $1 million and the assessed values to $600,000. The assessment/sales ratio is 60 percent ($600,000 divided by $1 million). Presume you have evidence to back up a fair market value of $60,000 for your home and your assessed value for tax purposes is $45,000. That's a 75-percent ratio—15 percent higher than the average in your area.

(*Note:* It makes no difference whether the official ratio is 80 or even 100 percent; you have, in fact, been assessed at a higher ratio than your neighbors. That evidence should persuade the board to lower your assessment accordingly.)

How do you get your tax reduced?

Start by meeting informally with the assessor, if possible. He or she may agree with your evidence and recommend a reduction without your having to go through the bother of a hearing.

If that approach fails, you'll have to file a formal appeal, usually to a local board. Generally, you must appear at a hearing. In most states you will carry the burden of proving that your tax has been figured unfairly.

Before you appear before the board, try to sit in on an appeals session to get an idea of the kinds of evidence and arguments that seem to work best. The methods and concerns of individual boards vary.

You probably can handle the appeal at this stage without legal counsel. Just stick to your case. Don't muddy the waters by complaining about high taxes generally or other problems. Do come prepared with documentation: pictures of your home and of homes you have compared yours to, a statement from an independent appraiser or a real estate broker about your home's value, evidence of the general market and how your house fits in. Don't be intimidated by questions such as, "Would you sell your house at the lowered value you're claiming?" Actual and assessed valuation are not the issues if you have been taxed at a higher rate than your neighbors in homes similar to yours.

If you win the appeal, the board may reduce the tax bill on the spot or send you a revised bill later. If you lose, there may be a higher city or state court of appeals open to you. You already have the evidence, so it shouldn't cost much to give it another try.

If no other appeal is open to you, you can sue in the local courts, but that route will raise your costs; be sure the potential return is worth it to you. You also might join a neighborhood group in your attempt to lower taxes. Banding together will lower costs and broaden the scope of research.

Tax relief where it helps most

Recognizing the very real burden imposed by property taxes (especially upon the poor and people living on fixed incomes), many states now offer some means for reducing the property tax load through a rebate of part of the tax paid, through a tax credit, or through direct reduction of the tax bill.

The governing mechanism is generally a "circuit breaker"—a percentage-of-income ceiling for the tax bill. Some systems also operate on a sliding income scale.

Qualifications vary among the states. Also, the laws sometimes apply to renters as well as homeowners. You can get details through your state income tax office if your local assessor does not have the information.



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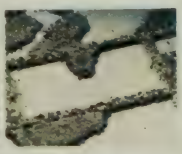
The Great Room. A big beautiful merger of kitchen-dining-la
Lancaster Slate Designer Solarian, pattern 89

INLAID COLOR.™

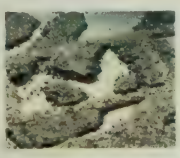


INLAID COLOR: A BEAUTIFUL DIFFERENCE YOU CAN'T MISS.

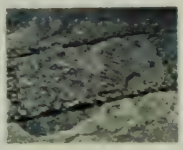
Most vinyl floors have their colors and patterns just printed on. But Designer Solarian is different. And that difference is called Inlaid Color. It's Armstrong's exclusive process that builds up the color and pattern with thousands of varicolored vinyl granules. The result is a richness of color and a uniquely "crafted" look that no printed flooring can begin to match.



1. Inlaid Color begins with the precise placement of varicolored granules onto the backing



2. gradually building up the design—color by color, shade by shade.



3. Once the pattern is complete intense pressure and heat are applied—fusing it into a solid inlaid vinyl



4. And when the Mirabond™ wear surface is applied, the Inlaid Color is sealed with a lasting protection and shine

ANOTHER BEAUTIFUL DIFFERENCE: THE NO-WAX SHINE THAT LASTS LONGER.

Most no-wax floors have ordinary vinyl surfaces which soon dull from scuffs and scratches. But Solarian is different here, too. And this difference is called Mirabond. It's Armstrong's exclusive extra-durable wear surface which—along with protecting the Inlaid Color and pattern—keeps its lustrous "like-new" look without waxing far longer than ordinary vinyl surfaces. And by eliminating the waxing chore, Mirabond makes Solarian the easiest of all Armstrong floors to care for. To keep it clean and shining, just sponge-mop with detergent, and rinse thoroughly. (If a reduction in gloss should occur in heavy-traffic areas, ask your retailer for Armstrong Suncoat™ which can be applied to help maintain the shine.)

ONCE 'N DONE™. THE NEW EASY WAY TO KEEP SOLARIAN FLOORS CLEAN.

The easiest way to keep any Solarian floor looking its best is with new Once 'n Done *No-Rinse* Cleaner. Available only at your Armstrong retailer, it was developed especially for floors with the Mirabond wear surface. It not only saves you the chore of rinsing, but it leaves no dulling dirt-catching film.

To find your nearest Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® dealers, offering the full selection of Armstrong floors. Or use the coupon below for retailer names and our free full-color consumer guide, "How to Buy Resilient Flooring."

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Please send me your new free booklet, "How to Buy Resilient Flooring," that gives valuable information on how and where to shop, flooring features to look for, illustrations of today's most popular Armstrong floors . . . along with names of my nearest Armstrong retailers.

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Once you get your hair together in style with Moisture Quotient, get the rest of you in style too with this beautiful canvas umbrella tote. A regular $19.95 value, now just $9.95, at fine professional salons with the purchase of any two Moisture Quotient Products. Offer expires December 31, 1979.

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MQ

continued from page 14

Teen-age drinking and driving

stone-cold sober, a teen-ager is twice as likely as a sobe adult to have an accident.

● Most alcohol-related crashes by teen-agers do not involv high speeds or other vehicles, although speeding and traffi increase the chances of a crash. The NPSRI found that a many as 60 percent of teen-age crashes related to drinkin are single-vehicle accidents and that only about 25 percen involve speeding.

● Insurance companies and the law can deliver especiall devastating blows to the independence and finances of teen-ager. Most teen-agers lose their driver's licenses i arrested for "driving under the influence." Those luck enough to keep their licenses find they must pay insuranc rates of as much as $1,000 a year for three years or more Both parents and teen-agers should know the full impli cations of the law in their state. These can include: loss o driving privileges through revocation or suspension; larg fines; and mandatory attendance at a school for drun drivers. Also, a teen-age host and his or her parents may b sued or held liable in court for an accident involving a teen age guest who was served alcohol at a party.

How can your teen-ager stay out of trouble?

Once your teen-ager is knowledgeable on the genera subject of drinking and driving, you can suggest ways t forestall trouble or danger in specific situations. Howeve tell your teen-ager these suggestions are strictly for his o her safety. They are not lessons in how to drink, and the don't imply that you approve of his drinking.

● **Resist peer pressure.** Whether your teen-ager is awar of it or not, peer pressure exerts an enormous influence o his or her life. Sometimes, of course, that pressure is posi tive, but other times, as in the case of partying, drinking and driving, it can be decidedly negative. As Dr. Bruc Forester, assistant professor of psychiatry at Columbia Uni versity, observes: "During the teen years, unfortunately, i becomes most important to be liked by your peers, to follo them, to be one of the guys, even if logically you realiz what they're doing is wrong, stupid, or even potentiall dangerous. In fact, at times, flirting with danger elicit excitement." Dr. Forester warns that "too much 'parenta lecturing' and disapproval about what the 'gang' is doin can cause a reverse effect—a youngster might be tempted t 'act out' and prove his parents old-fashioned and wrong."

Some low-keyed discussion between parent and teen-age can help the youngster recognize the effects of peer pressure Then he or she is forearmed to deal with difficult situations such as parties where inhibitions are lowered and the bee is flowing.

● **Don't drink every time.** Suggest your teen-ager initiate buddy system, like that used in swimming, with his or he group of friends. Group members would take turns abstain ing so they could drive for drinking friends.

● **Set a limit in advance.** Discuss the fact that a perso

continued

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11 mg "tar," 0.8 mg nicotine av. per cigarette, by FTC method

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continued

Teen-age drinking and driving

can't always tell when he has had too much to drink because the effects of the first drink may be delayed or may impair judgment. Suggest that, if your youngster is going to drink, he promise himself beforehand to drink no more than a certain amount. Also tell him how to allow the body enough time to get rid of the alcohol (one drink per hour is the standard rule). Sipping and watering down drinks are two ways to stretch the time between rounds.

- **Look for tipsy behavior.** This applies to your teen-ager and to his or her friends who might be drinking. Tell him to watch his actions and those of others to gauge if it's safe to drive or ride. The warning signs include a slight tired feeling, a sudden warm feeling, talking louder, a change in mood, and of course, difficulty in walking. All of these are grave danger signals and some may become evident only after a person takes the wheel. If that's the case, the driver should park the car immediately or be persuaded to stop, and alternative transportation should be obtained.
- **Troubleshoot parties.** If your teen-ager is going to be one of the organizers of a party where there will be drinking, suggest that refreshments include plenty of food, preferably high-protein foods, such as cheeses or meats, and high-moisture foods, such as raw vegetables, instead of salty foods that stimulate thirst. Also recommend non-carbonated mixers for liquor (carbonation speeds alcohol absorption) and a supply of non-alcoholic drinks. Make certain your youngster understands that food does no good as an alcohol "blotter" unless it's eaten before or while drinking. Food taken immediately after drinking is ineffective.
- **Make a pact.** You might agree that you will pick up your teen-ager at any place and hour—with no questions asked—when he or she or a driving friend has had too much to drink. You also might offer to be ready to pay your teen-ager's cab fare if he calls ahead (or check with a local cab company about buying booklets of fare passes). You'll have to be sincere in making this pact and convince your teen-ager that you really are willing to help out when he or she turns to you.
- **Come home after curfew.** Tell your teen-ager that he or she may stay out past curfew if time is needed to sober up a friend who has had too much to drink; sincerely promise to withhold punishment as long as you are phoned about the problem. If, on the other hand, your youngster has overindulged and requires sleep to sober up, agree that he or she can spend the night at the party-giver's home, as long as you and the host's parents are notified.
- **Offer to drive for friends.** There is no better way for your teen-ager to show friendship than by insisting on driving for friends who shouldn't. To make this easier for your teen-ager, offer to pick him or her up after the

continued on page 24




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HOME
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HOME
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GOT YOU COVERED.
Allstate has special policies to fit almost any home sweet home. Whether you own or rent, the Good Hands people have the kind of insurance that's right for you.
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In 1979, Ivory celebrates its 100th birthday a America's favorite soap, but not just because it floats. In 100 years, the name Ivory has come to mean a lot more than that.

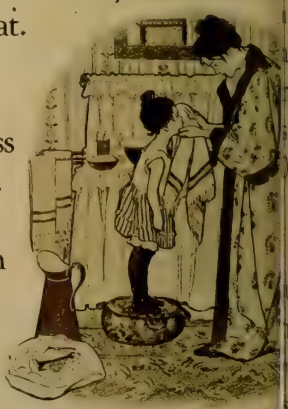
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It's mildness. Mildness gentle enough for a baby. And more doctors have recommended Ivory than any other soap.

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p keep their skin looking clean and healthy.

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It's quality, value and a commitment to excellence made 100 years ago by Harley Procter. He believed in making the best product possible at the least cost to the consumer. No product today exemplifies that commitment better than Ivory. It's a standard of simple virtue and basic value in American products. And it always will be.



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r 100 years, America, you've used more Ivory Soap your baths, at your sinks, and in your showers... an any other soap in history. We're proud to ow that Ivory's purity and honest quality are important to you today as they were 0 years ago.

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*Safe taken as directed up to four times a day.



A medical scientific advisory panel to the United States Government has declared the ingredient in Coffee, Tea & a New Me safe and effective for appetite control and weight loss.

continued from page 20

Teen-age drinking and driving

friend and his car have been delivered home. If your teen-ager can't persuade an impaired driver to stay off the road, he can discreetly immobilize the drinker's car by removing the cable leading from the distributor to the ignition coil.

• **Be a cautious driver or passenger.** Your teen-ager may become involved in a situation where an impaired driver must drive out of the immediate area. That can happen when the drinking takes place in an out-of-the-way area where there are no telephones or safe or legal places to park a car overnight. Stress that the driver should drive only as far as necessary to seek other transportation. In that situation, everyone in the car should wear seat belts, no matter how short the distance the car will travel. Secondly, the driver must frequently check his speed. The psychological "high" that alcohol produces impairs the judgment of speed, and this increases the risk of accidents or arrest. Also, even small amounts of alcohol adversely affect a person's ability to concentrate. For this reason, the driver must make every effort to restrict his attention to driving and "tune out" distractions such as music and conversation. Finally, the driver must consciously keep his eyes moving. Even a little alcohol tends to make the eyes fixate on the road ahead instead of scanning from side to side.

Other sources of information

You... Alcohol and Driving is a comprehensive and informative booklet for your teen-ager and you. It's generally available from local offices of the American Automobile Association. Or, you may obtain a copy by sending a 7x10-inch self-addressed envelope stamped with 54 cents postage to: American Automobile Association, Public Relations Department, 8111 Gatehouse Road, Falls Church, Virginia 22042.

Alcohol: A Family Affair is available in single copies. Send a stamped (15 cents), self-addressed business-size envelope to: National Congress of Parents and Teachers, 700 North Rush Street, Chicago, Illinois 60611.

The free booklet, *How to Talk to Your Teenager About Drinking and Driving,* is available in single copies by writing: National Highway Traffic Safety Administration, General Services Division, 400 7th Street N.W., Washington, D.C. 20590.

Responsible Drinking Party Ideas is a kit to help persons of all ages plan safe parties. To order a kit, send one dollar to: Wisconsin Clearinghouse, 420 North Lake Street, Madison, Wisconsin 53706.

The 16-page booklet, *The Way to Go,* a summary of the drinking and driving problem is available for free. Subjects include how drinking drivers differ, chemical tests and "implied consent" laws, and defensive driving principles. Also available free is an article reprint, *The Teen-age Drinker: A Highway Menace,* an update of state government actions aimed at correcting the teen-age drinking and driving problem. Write: Public Relations Department, Kemper Insurance Companies, Long Grove, Ill. 60049.

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Make a better salad

Mandarin Salad

¼ cup vegetable oil
2 tablespoons sugar
2 tablespoons vinegar
½ teaspoon salt
Dash of red pepper sauce
½ head lettuce, torn into bite-size pieces
¼ bunch romaine, torn into bite-size pieces
¼ cup Bac*Os
¼ cup sliced almonds
2 green onions, thinly sliced
1 can (11 ounces) mandarin orange segments, drained

Mix oil, sugar, vinegar, salt and pepper sauce. Pour over remaining ingredients in large salad bowl; toss. Garnish with additional Bac*Os if desired. 4 to 6 servings.

with Bac*Os.

Bac*Os make even a simple salad taste special, because Bac*Os taste special—even better than the leading canned bacon bits. Pick up some Bac*Os and see how they pick up a salad.

*Reg. T.M. of General Mills, Inc. imitation bacon

BUILDING

A play center that grows with the kids

This build-it-yourself play structure is designed to keep pace with your kids. It's easiest to build the A-frame first and then add the rest of the parts as time and money permit. Building the play structure in sections also allows you to customize the unit to suit your children.



Photograph: Marvis/Semel Design: Dr. Joe L. Hughes Source: Ruth L. Grenci

Build all parts of the structure from treated pine 4x4s and 4x6s that have been completely sanded smooth. Assemble and bolt the basic climbing structure and cement the base into the ground for stability. Then add a ladder, tire and rope swings, weights on pulleys, a sliding board, and anything else your kids would like.

This play unit is eight feet tall at its highest point and spans an 18x24-foot area. Yours can be larger or smaller, depending on the size of your children. A bonus to this unit is the section of railroad ties running behind the play unit. The yard is terraced with railroad ties, and this particular section is a great place to play with toy cars and trucks.



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areyton lights: 8 mg. "tar", 0.7 mg. nicotine; Tareyton long lights: 9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.

Shopping for resilient flooring

As its name implies, resilient flooring is a hard-surfaced floor covering with a bit of give and bounce. Although high-quality resilient floor covering can be a sizable investment, remember that the flooring will withstand constant wear and tear for many years and still retain its fresh good looks.

There's a variety of resilient flooring on the market today, in a wide range of prices, so making a selection isn't easy. Here are some suggestions to help you choose the type that will best serve your needs.

Sheet floor covering

Resilient flooring is available in two types: individual square tiles and sheet goods sold from rolls in several widths.

All resilient sheet flooring manufactured in the United States today is made of vinyl.

The last American manufacturer stopped making linoleum in the early 1970s, simply because vinyl products were better. You will still read and hear the term, however, because linoleum was associated with easy-care, practical flooring for nearly a century. Many dealers continue to use it as a general term for resilient sheet flooring, and you will still find listings under "linoleum" in the Yellow Pages of your telephone book.

Vinyl sheet flooring is sold in six-, nine-, and 12-foot widths by all the leading manufacturers. One company has introduced a 15-foot width.

Sheet flooring is almost twice as expensive as comparable grades of tiles. However, the manufacturing process is more sophisticated, and sheet flooring is available in richer colors and in more patterns than tiles.

Sheet goods also require less maintenance, since there are few if any seams to catch dirt.

As far as looks are concerned, today's vinyl can go almost anywhere in the house, from basement to attic. But there may still be a few backings that are not recommended for use below or on ground level, so check with your dealer before you buy. Cushioned vinyl, for example, may need a special mineral or hydrochloric backing for use in a basement.

The surface on which vinyl is installed must be in good condition—dry, smooth, and free of grease, wax, and dirt. Damp concrete or springy wooden floors, or vinyl floors with chips, breaks, or curling seams, are not suitable surfaces. Neither is cushioned or embossed vinyl flooring. Adhesives will not stick well to existing vinyl flooring, and irregularities will probably show through.

The only vinyl flooring that can be used on less-than-perfect surfaces and over embossed or cushioned vinyl is an elastic-backed cushioned vinyl flooring that is so flexible it can be folded up and carried home in the back of your car. The flooring is meant to be fastened down with a staple gun at the sides, not glued.

Special elastic backing makes this type of vinyl flooring conform to the surface, and minor imperfections will not show through. Of course, deep gouges or serious defects in the old flooring must be repaired.

There are basically two types of sheet vinyl—*inlaid* or *rotovinyl*.

Inlaid vinyls. These are top-of-the-line luxury products that cost up to $20 a yard or so. Custom designs and specialized patterns can run considerably higher.

Most inlaid vinyl flooring is made of thousands of tiny vinyl granules, built up layer by layer, then fused together with heat and pressure. The result is a solid, hefty flooring with a noticeable depth of color and a "crafted" look.

Inlaid vinyls are thick and soft. Some have extra layers of foam cushioning to provide comfort underfoot and muffle footsteps and other noise.

This type of flooring is exceptionally durable. Even if the surface is gouged or chipped, the damage won't be conspicuous because the color and pattern go clear through.

But because inlaid vinyl is heavier than other resilient flooring materials, it's difficult for the home handyperson to cut and install. Manufacturers all recommend professional installation. That's good advice, because the cost of a cutting or fitting error can be high.

Rotovinyls. These are also called rotogravure vinyls. They're made by a rotogravure process, which combines photography and printing. Almost any image that can be photographed can be reproduced on a rotovinyl floor. The printed design is protected by a topping of clear vinyl or polyurethane (called the "wearlayer").

When comparing different rotovinyls, ask your dealer how thick the wearlayers are. To give good service, the wearlayer should be at least ten mils thick. The highest quality vinyls generally have wearlayers of 25 mils.

All rotovinyl floors are made with an inner core of foamed or expanded vinyl, which means they all are cushioned to some extent. But at the lower end of the price scale, cushioning may be pretty thin. Press or step on a sample of the rotovinyl you are considering. Is the cushioning fairly firm, and do the indentations bounce back?

Although you will find rotovinyls on the market for $3 a square yard, you should expect to pay $8 to $10 a square yard for a satisfactory permanent flooring material. The highest quality rotovinyl will be $12 to $14 a square yard.

Rotovinyls are more suitable than inlaid vinyls for do-it-yourself installation. Even so, manufacturers usually suggest professional installation if the flooring is to be cemented in place.

Sometimes rotovinyl floors can be "loose laid," or put down like a rug, without adhesive. As a rule, only the lowest priced flooring, usually meant for temporary use in an apartment, is installed this way.

Floor tiles

Solid vinyl tiles are the best and the most expensive type. They are available in more patterns and colors than other tiles, are more flexible, easier to install, and softer underfoot, and they won't chip.

Prices for solid vinyl tiles range

continued

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Leroux Blackberry Sour.
Mix ¾ oz. lemon or lime juice, 1½ oz. Leroux Blackberry Flavored Brandy, 1 tsp. sugar. Shake, strain, garnish with orange slice, cherry.

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resins and asbestos fibers. The cost is about 25 cents per tile for a simple pattern, to around $1.50 for a good quality self-stick, precision-cut, and embossed tile.

A tile that is precision-cut can be laid in any direction and will match the next tile, so the design flows in an uninterrupted manner. With some patterns, the seams are almost invisible.

Vinyl-asbestos tiles without adhesive are often used as a base-grade flooring in economy housing.

Other tile materials. Asphalt, cork, and rubber tiles are still available in some areas but are becoming increasingly hard to find.

Vinyl asbestos has replaced asphalt as a tile material. One reason is that asphalt has poor resistance to grease so it's not suitable for kitchens. It also is limited in colors and patterns.

Cork, which has wonderful sound-deadening qualities, requires a lot of maintenance, and rubber tiles, which also muffle sounds, are too costly for most homes. Rubber tiles still are used for commercial installations.

No-wax surfaces

Most of the vinyl products, both sheet goods and tiles, meet the housekeeper's top requirement: Their shiny surface never needs waxing.

The no-wax finishes not only keep vinyls gleaming; they also add another tough layer that cuts down on wear. Generally, the shinier the surface, the harder and more durable the finish.

continued

Resilient flooring

from 40 cents to $3.50 a square foot, depending on the amount of vinyl used.

Some tiles are available in nine-inch squares, but most of them are 12-inch squares, which are easier to install. Tiles almost always are sold for do-it-yourself installation.

Some come in a self-stick form. You simply peel off a paper backing to expose the adhesive and then press the tile in place.

When self-stick tiles were introduced some years ago, they often came unstuck too easily and quickly. Now, newer adhesives make self-stick tiles really stick. In fact, some companies guarantee that their tiles will adhere for five years.

Self-adhesive tiles cost ten to 20 cents more per tile than the nonstick variety, but most do-it-yourselfers think the difference is well worth it. Adhesive for nonstick tiles is bought separately.

Self-stick and nonstick tiles are equal in quality. They come in several natural designs, such as wood, brick, stones, ceramic tiles, etc., and in bright florals and geometric patterns.

Most tiles can be used on any smooth, clean surface, even on concrete and over old tile or sheet vinyl, if it isn't embossed or cushioned. Always check with your dealer.

Vinyl-asbestos tiles. These are a combination of vinyl



satisfactory for permanent installation.

However, if your funds are limited and you want a temporary cover-up for your floor, investigate the products in discount stores, some tile stores, and lumberyards. You'll find a variety of sheet goods and tiles in the budget category, and the patterns can be bright and attractive. Just be aware that budget-priced flooring may not last many years, because the quality and the thickness of the wearlayer match the price.

Installation costs

Wherever you buy your tiles, the prices quoted probably will not include installation charges, which can sometimes double the cost of the job.

The minimum price for installation is $3 per square yard. If your old flooring has any major defects, it probably will have to be ripped up, or covered with an "underlayment."

Underlayment is extra flooring of plywood or hardboard, about one-fourth of an inch thick. You can expect to spend around $5 for a 4x4-foot sheet of underlayment.

If your dealer is installing the flooring, ask about installation guarantees and labor costs. Also ask when the work will be done. In some areas, installers are scarce, and it may be several weeks before your turn comes.

If you are installing the flooring yourself, ask for complete instructions. Also check to see if the dealer has tools he will rent or lend. If not, you may have to buy the simple tools needed, either from your floor covering dealer or from a hardware store.

Some vinyl patterns, such as slate, brick, and stone, look better with a low luster so they're not given the bright artificial shine.

Eventually, the gloss on no-wax finishes may become a bit dull, especially in high traffic areas. Your floor covering dealer will have a special dressing (an acrylic-based compound, not a wax) that you can apply to any areas where the sheen is diminished.

Where to buy

Buy your flooring from a reliable, established dealer who carries name brands of resilient flooring. Always discuss with the salesperson what you expect of the flooring and where you plan to install it. He or she should be able to explain the different types of flooring.

An up-to-date, service-oriented flooring store will have a wide selection, modern, well-lighted displays, and knowledgeable sales personnel.

Most manufacturers offer a limited warranty against defects of materials on their quality products. They will repair or replace defective floor covering for a period of one to three years.

Warranties sometimes cover the cost of installation for a year. They do not cover any damage caused by improper installation or maintenance or any damage inflicted by misuse—stains, gouges, indentations from heavy furniture, etc.

Some floor covering dealers do not carry the lowest priced resilient flooring because the product is not guaranteed against defects, and the dealers feel the flooring is not



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To get your certificate, mail this request form with any **four** proof-of-purchase seals from Kellogg's Corn Flakes,® Kellogg's Sugar Frosted Flakes,® Rice Krispies,® or Special K® cereals. We'll mail you a Kellogg's certificate worth $1.00 on your purchase of any fresh fruit or your favorite Kellogg's cereals.

NAME _____ (PRINT PLAINLY. PLEASE INCLUDE ZIP CODE.)

ADDRESS _____ (GIVE STREET ADDRESS TO ENSURE DELIVERY.)

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WE MUST HAVE YOUR ZIP CODE TO MAIL CERTIFICATE. U.S. Military overseas send APO address. Allow 45 days for delivery. OFFER EXPIRES JUNE 30, 1980, and is good in the U.S., its territories and Puerto Rico, except where prohibited, licensed, restricted, or taxed. Offer limited to one request per family.

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Electricity traveled country roads in the twenties. It brought a refrigerator to Jenny's front door.

When Jenny Franklin married at 16 and moved to a farm, the family was worried. But it was a good decision for Jenny, a third generation Franklin, and the farm was doing very well.

There had been some talk about bringing electricity out their way. The cities and towns had it, but it was still pretty rare in the countryside. Jenny's family was the first in their county to get electricity.

New ways to use electricity.

Electric lights made farm winters a lot nicer, not to mention what they did for brooding chicks and egg production. But for Jenny, the best part was the refrigerator. It was dependable, kept food fresh longer, and that made life on the farm a little easier.

Efficient electric refrigeration made even more difference in what left the farm and where it went. Fresh food could now travel, and out-of-season produce became available everywhere. An entirely new system of food distribution was created. New jobs came with every change, and health and nutrition were better for people all over the country.

For five generations we've been inventing and planning and building things that use electricity. And we've always had confidence that the electric companies would make the power we'd need. Even in the twenties, when electricity was just starting to go rural and a new refrigerator was a conversation piece, the electric companies were there on the job.

Demand for electricity keeps growing.

Everyone knows we need to conserve power, and we will. But our country needs jobs and growth. So as our population continues to grow and our imagination produces new ideas, we will need still more electricity.

Our future will hold things like the electric car. And we'll manufacture electricity in new ways, such as converting coal to burn it cleanly.

The electric companies are working on new sources of energy while they steadily produce with the old. Making electricity takes a lot of work—always has and always will.

Electricity is America's manufactured resource.

Edison Electric Institute
The association of electric companies







Virginia Slims looks back upon the afternoon soap opera of 1901.



VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



You've come a long way, baby.

15 mg "tar," 0.9 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kim Garretson

Good News

Little gas lamp



◄ This outdoor lamp won't add much bulk or weight to your camping gear. The lamp is 11 inches high, weighs two pounds, and is powered by butane cartridges that last up to seven hours each. The piezoelectric ignition eliminates the need for matches or flints. Keep the lamp handy around home, too, for use during blackouts.

Jolly Gas Lamp, about $30. World Light Import, Inc., 1604 86th St., Brooklyn, N.Y. 11214.

Permanent marker



► With this permanent white marker, you can avoid the mess and bother of using paint for many of your marking chores. You can touch up chips or cracks in windowsills or porcelain surfaces; initial sports equipment and tools; and label garbage cans, fuse boxes, etc. And, unlike painted markings, these can be removed with a solvent.

Mean Streak, About $2.50. Sanford Corporation, 2740 Washington Blvd., Bellwood, Ill. 60104.

Peel-off record cleaner



◄ You might describe this record restoring gel as a facial for your records. The gel dries to form a peel-off film that lifts embedded dirt and gunk out of the bottom of the grooves. Using the foam applicator on the bottle, you apply a coating of gel, wait about an hour for the gel to dry to a film, and then peel the film off with tape.

Disco Film, about $30. Empire Scientific Corp., 1055 Stewart Ave., Garden City, N.Y. 11530.

Fray preventive for fabrics



► Does fraying on hems, seams, collars, and cuffs leave you frazzled when you're sewing? This colorless solution applied along the edge of most cut fabrics reinforces and locks outer threads to prevent fraying. Once treated, garments, curtains, etc., can be laundered and dry-cleaned repeatedly with no fraying.

Dritz Fray Check, about $1.50. Scovill Sewing Notions Division, Spartanburg, S.C. 29304.

continued

Photographs: William Hopkins

Good News

Silent insect trap



◀ **Weary of the zapping sound of electric bug killers but wary of chemical insect control sticks? Solve the problem with this silent bug-attracting light. It's surrounded by a sticky-surfaced canister that traps flying insects. When the canister is full, slide it out and dispose of it**

SST, Model SK-7 about $25. Pestolite, 208 Centerville Rd., Lancaster, Pa. 17603

▶ **A rotating louver on this fan's face spins slowly as the fan operates, bathing a wide area with breeze. The 16-inch-square variable-speed fan has a lightweight plastic case and is quiet in operation. And you can lock the louver to direct the breeze to one spot.**

Gyro-Aire, about $59. Mistral Fans, Inc., 1311 Blue Gum St., Anaheim, Calif. 92806

Wide-angle fan



Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

The difference between an ordinary pickle and a great pickle is simply a matter of degrees.



Claussen® refrigerates its dill and sweet 'n sour pickles to capture the cold crunch. That's how we maintain our crispy deliciousness. So if you want a Claussen, don't look where the ordinary pickles are, look in the refrigerated section. You're gonna love 'em, once you find 'em. In the refrigerated section. Where fresh things belong.

© 1979, Claussen Pickle Co.



THERE'S NO AFTERTASTE IN DIET 7UP!

7up

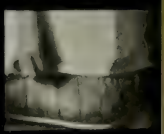
SEVEN-UP, 7UP, THE UNCOLA AND UN ARE TRADEMARKS IDENTIFYING THE PRODUCT OF THE SEVEN-UP COMPANY ©1979 THE SEVEN-UP COMPANY

Why sleep on this...

when you can sleep on BedSack.®

At a tiny fraction of the price, you can practically have a new mattress and boxspring.

BedSack® bedclothing covers the top and all four sides with clean, machine-washable, soft and luxurious comfort. Quilted sonically (no threads to snag or break), filled with fluffy Kodofill, snugly fitted for great good looks, BedSack—the original BedSack—makes bed-making easy, is easy to care for. BedSack is the greatest thing that's ever happened to bedding; gives old ones a new life, new ones life-long protection. At linen departments everywhere.



A BedSack for every bed, every budget.

THE ONE AND ONLY. THE INCREDIBLE

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BEDCLOTHING

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Kodofill is Eastman's trademark for its polyester fiber.

Customs update for summer travelers

If your vacation plans call for traveling outside the States, you'll want to keep updated U.S. customs regulations in mind.

The basics

Every traveler returning to the U.S. may now bring back $300 worth of goods duty free, up from the old per-person limit of $100. You can claim this exemption only once every 30 days and then only if you've been out of the country 48 hours or more (except for travel in Mexico and the Virgin Islands where the time limits don't apply). Family members may pool their customs quotas ($1,200 worth of goods for a family of four, for instance, regardless of who bought what).

You'll pay duty at the rate of ten percent on the next $600 worth of goods after your $300 personal exemption. A complicated tariff schedule applies to merchandise after that.

Regulations are somewhat different for travelers returning from U.S. territories like the Virgin Islands, American Samoa, or Guam. Each traveler may bring back $600 worth of merchandise duty free, triple the old $200 limit. On merchandise that exceeds the $600 limit (up to $1,200), duty is assessed at the rate of five percent.

Goods bought in U.S. territories can be mailed directly to the States (when duty is due, it's paid on arrival). Purchases from anywhere else must be carried with you to qualify for the personal exemption.

The new customs regulations apply only to items for personal use and gifts. For more details, get the free pamphlet *Know Before You Go—Customs Hints For Returning Residents* from U.S. Customs, Box 7118, Washington, D.C. 20044.

Ralston Purina Company

t takes a puppy a full year to outgrow Purina Puppy Chow puppy food.



That little one-month-old puppy will do a lot of growing before he becomes a full-grown Sheepdog.

And he'll need a lot of nutrition to do it. Twice as much—pound for pound—as when he's full grown.

That's why a growing puppy needs the kind of extra nutrition he gets in Purina® Puppy Chow® puppy food.

So make your puppy's first year one to grow on, with regular trips to the vet, and Purina Puppy Chow every day.

For a full year till he's full grown.

15¢ off.

On any size package of Regular or Beef Flavor Purina Puppy Chow puppy food.

RETAILER: For payment of face value, plus 5¢ handling, send to Ralston Purina Company, P.O. Box PL1, Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearinghouse approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the merchandising program represented by coupons presented for redemption. This coupon is nontransferable, nonassignable, nonreproducible and any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s, F.P.O.'s and void where prohibited, taxed, or otherwise restricted. Cash redemption value 1/20 of 1¢. Limit one coupon per purchase of Regular or Beef Flavor Purina® Puppy Chow® puppy food. Any use not consistent with these terms constitutes fraud and may void all coupons submitted for redemption. **Coupon expires July 31, 1980.**



Store coupon

125B PL 125B

15¢

Margaret McMahon

idea NOTEBOOK

With this issue Good News Plus becomes Idea Notebook —a title we believe is more descriptive of the feature.

Stoneware mixables

They call Pfaltzgraff's new line of stoneware "Compatibles," and it lives up to its name. Besides the standard pieces in this versatile tabletop group, there are 18 accessory items, many of them multifunctional. All 27 stoneware shapes are available in butterscotch and oatmeal, and the accessory items are also offered in coffee and blueberry. "Compatibles" stoneware is as sturdy as it is stylish. It's stackable and dishwasher safe, can be used in a microwave or conventional oven, and carries a one-year warranty against chipping, cracking, and staining.

The "souper mug," "super plate," and electric warmer are unusual items in a dinnerware group and particularly suitable for today's dining tables. Seven wooden kitchen items are also part of the "Compatibles" package.

Prices range from $2 for a single salad plate to $34 for a 20-piece starter set. If you'd like to receive a free color brochure, write Pfaltzgraff, Box 1069, York, Pa. 17405.





Photographs: Harry Hartman

Pedigreed walls

To celebrate its 145th anniversary, Birge Wallcoverings has introduced a handsome group of patterns reproduced from authentic documents of the 18th, 19th, and early 20th centuries. The 134 patterns in the *Colonial Collection, Volume 59* are copied from designs found in several historic sites including the Theodore Roosevelt birthplace, Ford Theatre, and Eisenhower's boyhood home, as well as in old papers from the company's archives. The wall coverings are prepasted and vinyl-coated (therefore scrubbable) and are priced at $6.95 to $9.95 per roll. For those who like an allover look, there are 39 coordinating fabrics in a 48-inch-wide blend of 50-percent cotton, 50-percent polyester blend treated with Scotchgard.

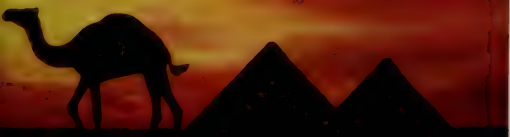
Furnishings for kids

Most of us don't pay enough attention to the furnishings our children use and grow up with. *Kids' Stuff* is a book that illustrates, describes, prices, and sources the best available today in equipment, lighting, accessories, and furniture for children of all ages. More than a catalog of the best 300 products, the book is also packed with ideas to help you create a satisfactory play/learn/work environment for your children. The authors, Linda Foa and Geri Brin, have done thoughtful research to determine exactly what surroundings are best for the young. The book contains extensive quotes of educators, designers, psychologists, and probably most important, children themselves. *Kids' Stuff* will tell you how to utilize a ceiling, as well as where to find the best adjustable stool or more esoteric items like a professional paper cutter or a magic marker "white board." Published by Pantheon Books, *Kids' Stuff* costs $17.95 in hardback, $8.95 in paperback.

continued on page 46

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the solution for 100's smokers.





ew Camel Lights 100's!

e satisfaction of Camel Lights 100's solves the low tar/low taste problem. With an exclusive Camel rich blend specially formulated for smoother, longer length smoking. No other low tar 100 can match it for taste.



Hew 100's Kings

'S: 9 mg. "tar", 0.8 mg. nicotine, LIGHTS 100's:
. "tar", 1.1 mg. nicotine, av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Salad Crispins® for Salad Bar Salads.

Crunchy and mouthwatering.

Look at all the flavor Salad Crispins® gives a salad. There's meat and cheese flavored bits, real bell pepper and onion, crunchy mini-croutons and a special blend of select seasonings. If you like your salads with a lot of flavor, you'll love Salad Crispins, the little salad bar right at home.

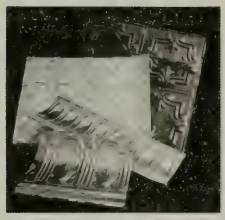
The little salad bar.



begins on page 42

idea NOTEBOOK

Pressed tin revival



No, you don't have to buy a centuries-old house in the country to get a beautiful processed tin ceiling. The old patterns of fancy scrolls, *fleur-de-lis,* and geometric turns are all being reproduced in four-by-eight-foot sheets. Also available are cornices in four-foot-long strips of varying heights, and fillers. The metal can be cut with tin snips and covered with an oil base paint.

The decorating possibilities are not limited to ceilings. Pressed tin is great in a bathroom, makes a splendid fireplace surround, and looks smashing on the wall. For a free illustrated brochure, including instructions for installing a ceiling and a current price list, write AA-Abbingdon Ceiling Co., Inc., 2149 Utica Ave., Brooklyn, N.Y. 11234.

That Italian flair

Do you have a secret yen for a red and blue fringed Cinzano umbrella, the kind used in European sidewalk cafes? You can order it now for a reasonable $31.25. The umbrella is as practical as it is picturesque. It's made of water-resistant vinyl and is six feet in diameter. On a clear day, you can poke the pointed, eight-foot-long, two-piece pole into the sand or fit it in the center of any standard patio table. Just send your check to "Home & Bar Offer," P.O. Box 2108, Clifton, N.J. 07012.

Preservation update

Anyone interested in the preservation of historic cities, towns, and houses will enjoy the bimonthly magazine *American Preservation.* Handsome color photographs, beautifully reproduced, illustrate articles on restoration activities all over America and the world. In addition, every issue includes news coverage of preservation-related activities from congressional hearings to summer school in Chichester, England. Finally, there is a calendar of events listed by state. For a one-year (six issues) subscription, send $12 to the Bracy House, P.O. Box 2451, Little Rock, Ark. 72203.

Summer:
The season that makes you feel younger can make you look older.

Remember when you were young, how good it lt to spend a day outdoors? Collecting sea-hells down by the beach, or enjoying long pic-ics by the lake, even lazing around the back-ard was a special summer pleasure. You never orried about a thing, least of all, the drying ffects of summer weather.



But now you're older. So when you are enjoying yourself outdoors, remember that warm, wonderful weather can become your skin's worst enemy. And each summer spent outdoors further promotes dryness and wrinkles...robs your skin of moisture, and steals its youthful look.

Usually, it starts with tiny dry lines. Then the skin becomes dull and ght to the touch... you can feel the softness slipping vay. And before you know it, you're beginning to look der than you really are.

That's why you should discover the secret of the ysterious beauty fluid that restores the suppleness at your skin can lose to burning sun and drying ind. Millions of women around the world share the nefits of this beauty secret and, here in the United ates, it's known as Oil of Olay.

As soon as you try Oil of Olay, you'll realize how fferent it is from anything else you've ever used. It's a end of precious tropical oil and emollients that magi-lly recreates a young and beautiful climate for your in. In fact, Oil of Olay is so remarkably similar to ur skin's own natural fluids and oils, it can actually lp your skin look younger.

Oil of Olay is greaseless, so it never just sits on your in. It penetrates fast to soften those telltale little nes and silken the feel of even sun-dried skin.

Just gentle this precious fluid on your face and roat every morning, every night, and watch your in drink it in. Your very own mirror will tell you the stre and radiance of your skin has returned. And n't be surprised if your husband notices it too.

And Oil of Olay is so light-textured, it's the ideal undation under makeup. It provides a smooth, even finish and helps prevent your makeup from streaking and caking. Sometimes, you may even want to wear it all alone, without makeup, to cherish bare skin and give it a radiant glow.

Once again, summer is here. And now, more than ever, is the time to discover the secret millions of women around the world share. Oil of Olay. The mysterious beauty fluid that can help you look your youngest, even in the summer.



BEAUTY HINTS

When you return from the beach, take a refreshing shower...and after that shower, lavishly apply Oil of Olay® to your face and those parts of your body that are especially dry – perhaps your elbows, or ankles. This will help alleviate that taut and tingly feeling that so often comes after a day in the sun.

If you've acquired a glorious-looking tan, forget about makeup. Instead, indulge your face with a wash of Oil of Olay. It will help make your natural healthy look even more glowing and radiant.

Some allergy sufferers feel allergies more than most.



Announcing Teldrin 12 Hour, 12 mg. Allergy Capsules. There's no stronger, no longer antihistamine allergy relief you can get.

Some allergy sufferers feel allergies more than most. For them, 12 Hour, 12 mg. Teldrin Capsules offer maximum strength.

There's no higher potency, no longer lasting antihistamine allergy relief available today for runny nose, clogged sinuses, sneezing and itchy eyes.

Teldrin used to be available only by prescription. But now, a government commissioned panel of experts has found the Teldrin formula to be so safe and effective, you can buy it without prescription.

The Teldrin timed-release formula offers prompt, continuous relief up to 12 hours. Your doctor can tell you no allergy relief lasts longer.

And Teldrin has the antihistamine doctors recommend most for allergies. At the maximum dose level—12 milligrams—no antihistamine allergy relief you can buy is stronger.

If you suffer allergies more than most, try the maximum strength of Teldrin 12 Hour, 12 mg. Capsules.

12 Hour, 12 mg. TELDRIN® Capsules

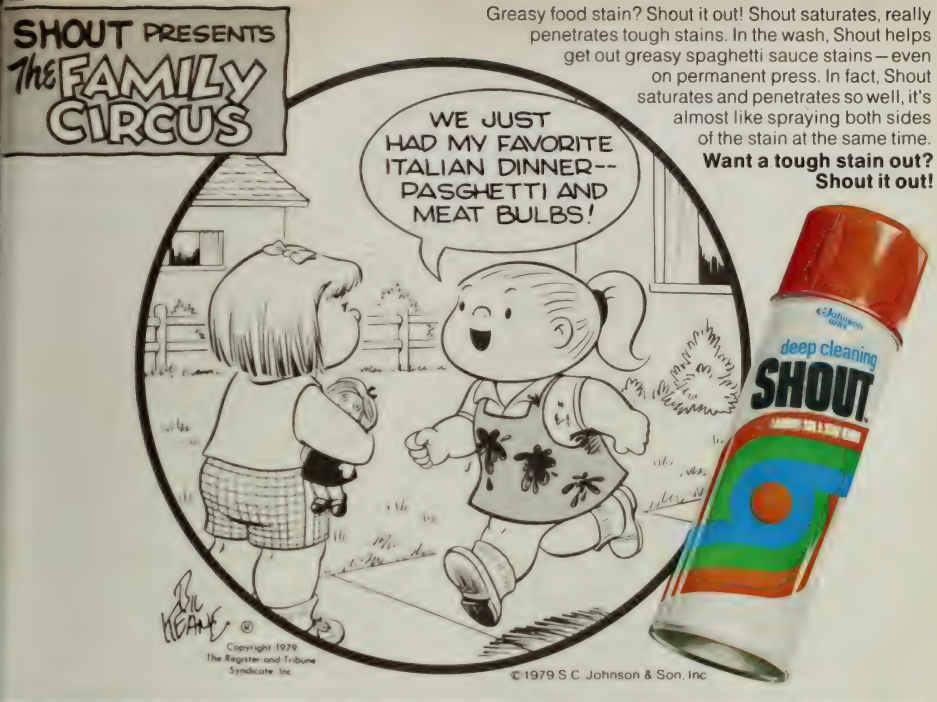
There's no stronger, no longer antihistamine allergy relief you can get.

Also available in 8 mg. strength.



Read and follow label directions

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Professional Products Division
a SmithKline company



SHOPPING

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

100 IDEAS UNDER $100

Page 53: (4) Plates—H A Mack, Inc., 165 Newberry, Boston, Mass. 02116. Bowls—Viper Wooden Bowl Co., Hedges Pond Rd., Rt. 5, Cedarville, Mass. 02360. Cup and saucer—Baitz—Wedgewood, 41 Madison Ave., N.Y., N.Y. 10010. Cheese box—Dudock, Inc., Denmark, Wis. (5) Even-weave fabric—Art Needlework Treasure Trove, Box 2440, Grand Central Station, N.Y., N.Y. 10017. Embroidery floss—DMC Corp., 107 Trumbull St., Elizabeth, N.J. 07206.

Page 54: (6) Eyelet-edged sheets—Perfection—Fieldcrest, 60 W. 40th St., N.Y., N.Y. 10018. Shaker hat—American Sampler, 100 N. Sixth St., Minneapolis, Minn. 55043. (8) Pitchers—Tracey Dawson Imports, Inc., 420 Bernard St., Los Angeles, Calif. 90012. (7) Teapot—Blue Onion—Hutschenreuther Corp., 100 Shaw Rd., N. Branford, Conn. 06471. Plates—Paul A. Straub Co., Inc., 19 E. 26th St., N.Y., N.Y. 10010. (10) Basket—Pier 1 Imports, 2520 S. Freeway, Ft. Worth, Tex. 76102.

Pages 56-57: (12) Galvanized buckets—White Mop Wringer Co., Fultonville, N.Y. (14) Knife—Dansk Designs, Ltd., Mt. Kisco, N.Y., N.Y. 10549. (15) Park bench—Bailey-Heubner, Inc., 92 Main St., Southhampton, N.Y. 11968. (16) Flowerpot fabric—International Printworks, 100 Wells Ave., Newton, Mass. 02159. (18) Umbrella—Samsonite, 11200 E. 45th Ave., Denver, Col. 80239. Umbrella stand—J. C. Penney Co., Inc., 1301 Avenue of the Americas, N.Y., N.Y. 10019. Chair—Gold Medal Folding Furniture, 1700 Packard Ave., Racine, Wis. 53403. (19) Napkins—Fallini & Cohn, 14 E. 38th St., N.Y., N.Y. 10016.

Page 58: (20) Poster—Philadelphia Museum of Art, P.O. Box 7858, Philadelphia, Pa. 19101. Pans—Cuisinart, Inc., 1 Bazzi Pl., Stamford, Conn. 06902. (21) White hundred-stainless—Contrasts, 160 E. 54th St., N.Y., N.Y. 10022. (25) Mickey Mouse phone—Bell Systems of America. Boxes—7 Santini Brothers Moving Co., 1405 Jerome Ave., Bronx, N.Y. 10452.

Pages 60-61: Fabric paint—American Carson Co., 1706 Hayes Ave., Sandusky, Ohio 44870. Telephone "Celebrity"—Bell Systems of America. Bookends—Fitz & Floyd, 1471 Round Table Dr., Dallas, Tex. 75247. Rug (contact address above).

Pages 62-63: Clear dishes—J. G. Durand International, Millville, N.J. 08332. Cake—Barbara's Bake Shoppe, Des Moines. Flatware—Regency—Denby, Ltd., 4668 Paddock Rd., Cincinnati, Ohio 45221. Teapot—Charles Martinel Imports, Inc., 225 Fifth Ave., N.Y., N.Y. 10010.

Page 84: (46) Bookends—Fitz & Floyd (address above). (47) Teddy Bear fabric—International Printworks (address above). (49) Quilt—Quick Quilt, 51 Chestnut St., Ridgewood, N.J. 07450. Eyelet sheets—Perfection—Fieldcrest (address above). Doll—Conran's (address above). Ball—Conran's (address above).

Page 85: (49) Self-adhesive plastic "Con-tact"—Comark Plastics, Div. United Merchants, 1407 Broadway, N.Y., N.Y. 10018.

Page 86: (42) Fabric "Braid"—International Printworks, Inc. (address above). (43, 44) Pillowcase "Alphabet Soup"—Cannon, 1271 Avenue of the Americas, N.Y., N.Y. 10021. Kitten pillow—Joan Cook, P.O. Box 21628, Ft. Lauderdale, Fla. 33335. White whale—Lady Slippers Designs, 314 Houston Ave., Crookston, Minn. 56716. (47) Fabric crayons—Binney & Smith, 100 Church Lane, P.O. Box 431, Easton, Pa. 18042.

Pages 88-89: (48) Shaker rocker—Cohasset Colonials by Hagerty, Cohasset, Mass. 02025. (50) Baby Bentwood—Yield House, Dept. 3400, N. Conway, N.H. 03860. (53) Tensegrity chair—Knnovations, 2444 Walnut Ridge St., Dallas, Tex. 75229. (54) Finalto chair—Workbench, South Park Mall, 4500 16th St., Moline, Ill. (56) Sling chair—Hammacher & Schlemmer, 147 E. 57th St., N.Y., N.Y. 10022. Stringer of fish—Lady slippers designs, (address above). (57) Slot chair—Hammacher & Schlemmer (address above).

Page 90: (59) Dish drainers—Hammerplast, 212 5th Ave., N.Y., N.Y. 10010. Puffin—Lady Slippers Designs (address above). Sheets—Martex, Div. of West Point Pepperell, 1221 Avenue of the Americas, N.Y., N.Y. 10020.

Pages 92-93: (66) Flatware—Stanley Roberts Co., 41 Madison Ave., N.Y., N.Y. 10010. Dinnerware "Dutch Weave"—Franciscan/Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Glassware—Libbey Glass, Div. of Owens-Illinois, Inc., P.O. Box 919, Toledo, Ohio 43693. (75) Coffeepot "Primary"—Noritake Company, Ltd., 1538 Merchandise Mart, Chicago, Ill. 60654.

Pages 94-95: (76) Cheese boxes—Cracker Barrel, 527 Narberth Avenue, Haddonfield, N.J. 08033. (77) (Send 50¢ for catalog.) Place mat—Fallini & Cohn (address above). (78) Self-adhesive plastic "Con-tact"—Comark Plastics (address above).

Pages 96-97: (82) Toddler's gym—Child Life Play Specialties, Inc., 56 Witney, Hollston, Mass. 01746. (83) Weather station—Heath Company, Benton Harbor, Mich. 49022. (84) Dulcimer—Country Ways, 3500 Highway 101 South, Minnetonka, Minn. 55343. (Send $1 for catalog.) (86) Sleep Sack—Country Ways (address above). Penguine Kanar, Inc., 23639 Hawthorne Blvd., Torrance, Calif. 90505. (87) Spinning wheel—Some Place, Inc., 2990 Adeline, Berkeley, Calif. 94703. (88) Carriage Clock—Mason & Sullivan, Dept. H61I, Osterville, Mass. 02655.

Pages 98-99: Shaker rocker—Cohasset Colonials (address above). Footstool—Lucel Products, 210 C. Marry Drive, Chamblee, Ga. 30341. Cheese box cake—The Cracker Barrel (address above). Stencil Magic—8 West 19th St., N.Y., N.Y. 10011. Striped sheets—Nocturne Stripe—J. P. Stevens, 1185 Avenue of the Americas, N.Y., N.Y. 10036. Pastel sheets—Sears Roebuck & Co., Sears Tower, Chicago, Ill. 60684. Lamp-in-a-Can—Flute Lamps Ltd., 311 N. Des Plaines St., Chicago, Ill. 60606. Wooden kegs—Superior Tea and Coffee Co., 2278 N. Elston, Chicago, Ill. 60614.

SMOKED MEATS OFF THE GRILL

Smoke & Pit Grill—Smoker Products, Inc., P.O. Drawer S, Manbank, Tex. 75147. Falcon Meat Smoker—Falcon Inc., P.O. Box 10648, Dallas, Tex. 75207. Weber Grill—Weber-Stephen Products Co., Arlington Heights, Ill. 60004.

PRIZE TESTED RECIPES

Page 119 (left): Barbecue kettle—Weber-Stephen Products Co., 100 N. Hickory Ave., Arlington Heights, Ill. 60004. (Right): Teapot—Ceramar, Inc., 225 Fifth Ave., N.Y., N.Y. 10010.

Page 120 (left): Small bowl—Hammacher Schlemmer, 147 E. 57th St., N.Y., N.Y. 10022. (Center left): Dishes "Strata"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204. Jar—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610. Spoons "Bistro 1"—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, N.J. 08873. (Center right): Skewers—Macy's, Manhattan Herald Square, N.Y., N.Y. 10001. Silverware and stand—Supreme Cutlery Corp., Div. of Sigma Marketing Systems, 225 5th Ave., N.Y., N.Y. 10010. (Right): Platter—Metlox Potteries, 1200 Morningside Dr., Manhattan Beach, Calif. 90266. Wooden bowl—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021.

TAP TAP

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BUILDING

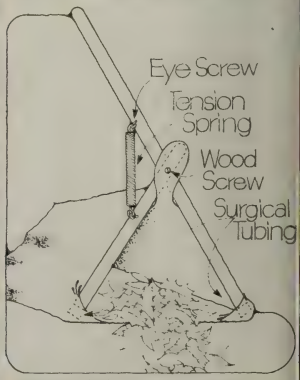
Build-it-yourself leaf bagger

Tired of trying to rake flyaway leaves into a bulky plastic trash bag? This easy-to-make unit keeps the plastic bag under control so your leaf-raking chore takes less time and effort.

You'll need a couple of old broom handles or one-inch dowels (one, 45 inches long; the other, 21 inches long), two small eye screws, one No. 10 wood screw (1½ inches long), one ⅜x2½-inch tension spring, and a small amount of ½x½-inch surgical tubing (available at hospital supply outlets).

File one end of each broom handle or dowel so it will accept the tubing, then slip the tubing over the end of the handle. (The tubing will grip the plastic bag firmly, but won't puncture it.) Pre-drill the shorter broom handle 1¼ inches from the end. Then lay the broom handles on a flat surface. Let the short handle overlap the longer one by 1¼ inches, and attach the handles with the wood screw. Attach an eye screw to each broom handle and secure the tension spring.

Attach a plastic bag to the leaf bagger by looping the top edge of the bag first over the top of the hinged leg, then over each footed leg. Adjust the bag's fullness from the top of the hinged leg to each of the feet. To get a smooth, rolled edge for sweeping, fold the top edge of the bag back over each foot.



Drawing: Hired Hand

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No matter how much loving attention you give your baby, you know that infants need time by themselves to figure out the new world around them.

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Then there are Teethers and Rattles, musical toys, bath toys, activity toys and more.

All are made to keep their insides inside and their outsides smooth and safe. So that when baby is pursuing major investigations of whatever is close at hand, a mother can really relax.

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100 IDEAS UNDER $100

By Nancy Lindemeyer, Deborah Dugan, Gary Boling, and Robert E. Dittmer

Easy-to-Build American Primitives

Even with rising costs, you can brighten your surroundings and your life. Here are 100 ways to do it.

1. Colonial hutch $90
This do-it-yourself reproduction features both authentic styling and commodious storage. See page 66 for complete construction details.

2. Cross-stitch sampler $12
Spread the word with this counted-thread sampler stitched in rainbow colors.

To order a kit, see page 134.



1

2

How-to begins on page 64.
Buying information, page 49
All credits, page 162

Classic Colonials to Make

3. Primitive pine bed $45
This headboard/footboard set is designed for today's double beds.
4. Quick flower-garden quilt $32
It's easy to update an old pattern with quick quilting. Appliqué hexagons to a bright fabric. For additional instructions, see page 66.

5. Mirror frame $10
Elegant simplicity is the standout characteristic of American primitives, and this frame is no exception.
6. Old-fashioned dry sink $61
A plain wooden box is the beginning of this handsome reproduction. Add doors, a drawer, and counter areas.

7. Corner cupboard $72
Make miserly use of wasted corner space with this cupboard constructed from common pine. It's ideal for displaying dinnerware, books, or collectibles. You'll find lots of storage space below to hold linens, serving pieces, and seasonal items.









8. Pennsylvania Dutch chair $12
Classic simplicity characterizes Pennsylvania Dutch furniture. This chair, with its cutout back, is sturdy and easy to make.

9. Hex throw and pillows to embroider $22
Pennsylvania Dutch symbols grace these colorful accessories.

10. Settle with storage $51
There's a wealth of valuable storage beneath the seat of this settle. You can build it from simple shapes you cut with a jigsaw.

Buying information, page 49 / All credits, page 162
How-to begins on page 64.



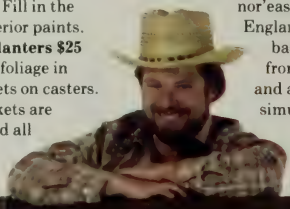
Easy Outdoor Spruce-Ups

11. Patio painting $12
You can create this smashing outdoor graphic for patio, backyard eating area, or fence. Prime a 3x4-foot piece of exterior plywood, and draw a geometric design on it. Fill in the areas with leftover exterior paints.

12. Portable bucket planters $25
Wheel around outdoor foliage in commercial mop buckets on casters. The move-around buckets are galvanized to withstand all kinds of weather. They're found at cleaning supply outlets. For buying information, see page 49.

13. Saltbox birdhouse $19
Protect feathered friends from gusty nor'easters in this New England-style home. The basic shapes are cut from exterior plywood and are scored to simulate siding. For building how-to, see page 72.


13



14. Serving center $42
Everything you need for outdoor entertaining can be conveniently collected in this serving cart. Build it from standard-sized redwood. For complete how-to, see page 72.

15. Readable park bench $85
A simple stenciling (or stick-on letters) turns a bench into an eye-opener. Buying information, page 49.


11

12

16. Flowerpot pillows to stitch and stuff $16
Cut out floral shapes and pieces of background fabric with seam allowances. Pin right sides together and stitch around, leaving a four-inch opening. Turn, stuff, and slip-stitch closed. For buying information, see page 49.

17. Patio umbrella table from pine $37
Align lengths of 1½-inch lumber ripped to six inches wide for the top. Screw two 2-inch-wide cleats to the underside and cut a 48-inch circle. For the 40-inch legs, rip 1½-inch lumber to 2⅝ inches wide. Angle-cut the ends and secure in an X-shape to create legs. Screw to cleats and attach a 1½x2¼-inch cross brace. Drill the top and brace for the umbrella.





18. Paint-it-yourself umbrella $60
A bouquet of painted flowers embellishes this store-bought umbrella. Draw flower shapes first; prime with gesso. Paint with artists' acrylics which are waterproof after they have dried.

19. Picnic tote and tablecloth, $15
The bountiful feast appliqued on this tablecloth is just the beginning. Pull the rope taut and you have a tote bag to neatly bundle your picnic gear. For more how-to, see page 74.

Complete how-to begins on page 64 / Buying information, page 49
All credits, page 162







Smart Storage

20. Space-saving kitchen island $72
A 42x30x24-inch plywood box with doors is the basis of this 84-inch-high unit. Top the cabinet with plastic laminate and add shelves inside to organize the space. Build the overhead rack to hang pans or plants and suspend both it and the cabinet between a 2x2 framework covered with ¼-inch plywood. Towel bars display too-pretty-to-hide kitchen linens. Finish plywood edges; paint.

21. No-waste, notch-together plant stand $33
Cut two 24x60-inch uprights from ¾-inch plywood. Round the top edge of each and cut a 16-inch-diameter circle centered within the rounded edge. Cut a ¾-inch-wide notch from the top of one upright and the bottom of the other. Quarter the cutouts for shelves and glue and nail in place.





22. Crate-style shelving $55
To begin this fun-to-build shelf system, cut four 73-inch uprights for each side from 5/4x2-inch lumber. Cut 17 14-inch-long cross members for each side. Glue and nail them to uprights, spacing all boards two inches apart. Use a lumber scrap to simplify spacing. Secure four 30-inch pieces of 1½x2-inch lumber horizontally at both top and bottom, and cut four 14x30-inch shelves from ¾-inch plywood. Finish the plywood edges with veneer tape and cover with a clear finish.

23. Go-anywhere zigzag room divider $38
This divider measures up because it provides a bonus of storage. For each triangular unit, cut one 15¾x60-inch side and one 15x60-inch side from ¾-inch plywood; glue and nail the sides together with butt joints. Cut 14¼x14¼x20¼-inch triangular shelves and glue and nail them in place. Build a two-sided 1x2-inch lumber frame the same size and cover with pegboard for hanging items. Hinge units together; paint.





24. Lighted aluminum and oak tower $46
Filled with plants, books, and accessories, this 60-inch-high, 18-inch-square stand will brighten any corner. Aluminum uprights support the shelves and the plant light source. Complete how-to begins on page **74**.



25. Moving box catchall $22
You'll never find a lowly cardboard box that is as sturdy as a commercial moving box. Spray-paint inexpensive metal industrial shelves with bright enamel to corral and show off distinctively designed boxes.

For how-to, see page 64. Buying information, page 49

100 IDEAS UNDER $100

Den and Dining Room in One

If you've longed for both a comfortable office and a dining room but only have space for one, these ideas may hold the solution. Paint the upholstery and rug yourself with fabric paints. To give the wood projects an out-of-the-ordinary look, finish them with vibrant color stain. Turn the page for dining room setup.






Dancers

Versatile Two-Way Furniture

About face! With just a little adjusting, the office becomes a dining room to seat six comfortably. The desk becomes a dining table, the coffee tables stack up to create a nearby serving shelf, the bolster graphics move from the wall to the couches to boost seating height, the drawer units cluster to form a buffet.

26. Couch module with bolster wall graphic $46
An easy-to-assemble plywood box is the beginning of the move-around couch module. Canvas slings support the cushions, and the collection of bolsters forms a dynamic wall display when attached to dowel supports.

27. Painted purchased rug $80
Simple shapes liven up this natural-look rug. Use fabric paint to color the designs. Sketch squares along rug edges and fill in with paint.





28. Stack-'em-up tables $25
This pair of coffee tables can be stacked into one space-saving unit because of their ingenious construction. Cut the pieces from ½-inch plywood.

29. Desk chair with upholstery $18
Diluted paint or colored stain will highlight the wood grain of this contemporary straight-backed chair.

30. Turn-the-tables desk $55
Two easy-to-build plywood pedestals support the plastic-laminated top.

31. Hardworking drawer units $99
Birch plywood forms the shells for these chests, and the drawer pulls are cut from wood dowels.

32. Wall-hung storage $29
Notch the shelves and uprights to create this sturdy shelf. It features fabric panels decorated with fabric paints for hiding clutter.

33. Provincial armchairs $47
These graceful chairs are cut from plywood and treated with color stain for a cheery old-world look.

34. Acrylic wall light $26
Cut sheets of white translucent plastic to form segments of the art deco wall light, shown opposite.

How-to for all projects begins on page 64.
Buying information, page 49
All credits, page 162



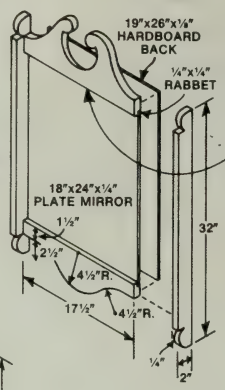


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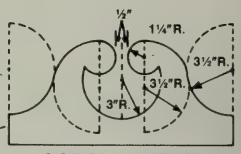
100 ideas under $100

The diagrams on this page represent the American primitives beginning on page 53. For projects featuring spline joints, refer to the instructions for #1, Colonial Hutch, page 66.

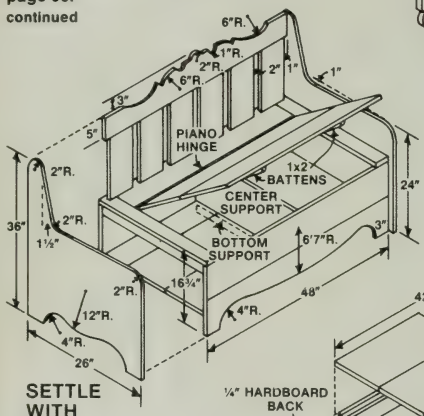
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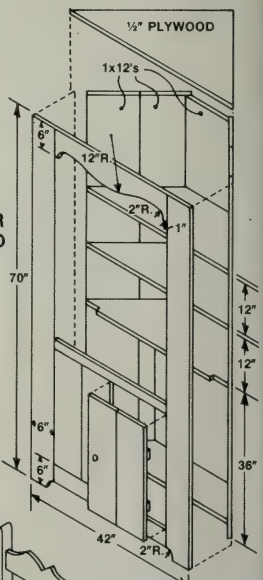
MIRROR FRAME



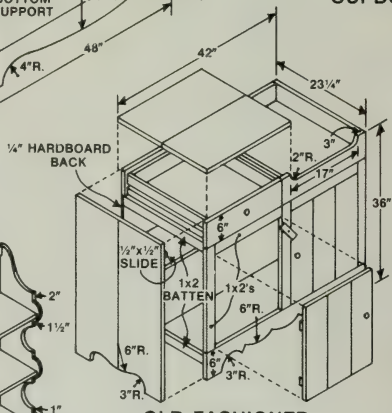
SCROLL DETAIL



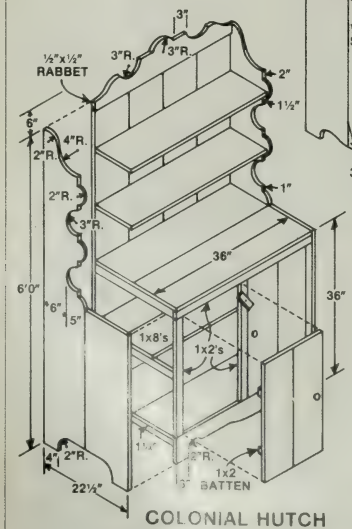
SETTLE WITH STORAGE



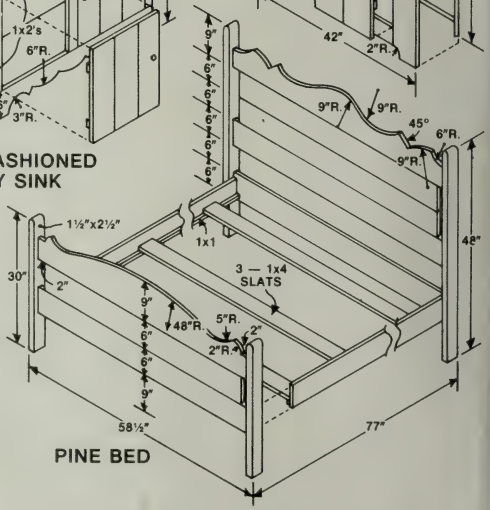
CORNER CUPBOARD



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100 ideas under $100

1. COLONIAL HUTCH, page 53

To order Project Plan No. 50386 for the Colonial Hutch, see page 134.

(Finished size is 36x72x22½ inches.)

Note: To join all side, top, and door pieces, use spline joints. Center a ⅛-inch-wide, ½-inch deep dado along the edge of each piece, keeping the dado ends 1 inch from the board ends. Cut a 1-inch strip of ⅛-inch hardboard that is 2 inches shorter than the lumber. Glue strip in place; clamp together.

Cut all pieces from #2 common pine. Refer to the diagram on page 64, and cut the 72-inch uprights to length. Make radius cuts for the shaped sides. Join to shorter uprights to form sides.

Piece lumber to form back. Add top header radius cuts. Build lower cabinet assembly; secure to uprights. Add doors, shelves. Rout a ¼-inch-wide groove along upper shelves; secure shelves to uprights. Sand, stain and finish. Add porcelain door pulls. To hold doors closed, add a length of 1x2 screwed to upright between doors.

3. PINE BED, page 54

(Headboard and footboard will fit a standard-sized double bed. Adjust the width to fit the bed you have.)

Refer to the diagram on page 64, and cut the horizontal and shaped pieces. Join pieces using spline joints.

Cut the headboard and footboard uprights from 5/4x2-inch lumber. Round tops; join the horizontal elements. Cut mattress support assembly as shown. Sand, stain, and finish.

Set headboard and footboard upright. Screw rails to uprights; secure slats to rails.

4. QUICK FLOWER-GARDEN QUILT, page 54

Using a 2-inch hexagon pattern, cut and piece two rounds of "petals," one in a solid color, one in a print. Appliqué larger hexagon "garden" to a 15-inch background block. (The background fabric forms the center.) The number of blocks determines quilt size. Use 2-inch-wide strips between blocks and quilt to backing fabric.

5. MIRROR FRAME, page 55

(Finished size is 20x32 inches.)

Refer to the diagram on page 64. Cut two 32-inch uprights from 5/4x2-inch pine. Radius-cut the ends to create "finials." Using detail of scroll cuts as a guide, cut other frame pieces from 1-inch-thick material.

Cut a ¼-inch-deep rabbet along inside frame edges to receive mirror; cut hardboard backing. Glue and nail together; finish. Insert mirror in rabbets; secure hardboard backing.

6. OLD-FASHIONED DRY SINK, page 55

(Finished size is 42x36x23¼ inches.)

Refer to the diagram on page 64. Cut and join side pieces; cut scroll shapes with a jigsaw. Cut a piece of ¼-inch hardboard backing, and 1-inch material for the front asembly. Assemble upper and lower counter surfaces; build drawer. Assemble doors.

To assemble, join side uprights to front; attach back to uprights. Add counters, using 1x2 battens for supports. Use ½x½-inch battens for drawer guides; glue and nail to unit. Add lower inside shelf. Hinge doors to unit; add porcelain knobs and a length of 1x2 loosely screwed to upright between doors. Sand, stain, and finish.

7. CORNER CUPBOARD, page 55

(Finished size is 84 inches high, and 42 inches wide across the front.)

Refer to the diagram on page 64. Cut four #2 common pine uprights. Join two together for each side with spline joints. Using diagram as a guide, cut and join all front pieces.

For the back corner piece, angle-cut both edges upright at 45 degrees. Glue and nail to outer uprights. Glue and nail front assembly to other sides of uprights. Cut a triangular piece of ½-inch plywood for the top; secure in place. Cut and join pieces of 1x12 for bottom; secure in place.

Cut three trapezoidal shelves and secure in place; cut and assemble doors. Hinge doors to frame; add porcelain knobs and magnetic catch hardware. Sand unit and finish.

8. PENNSYLVANIA DUTCH CHAIR, page 55

(Finished size is 42 inches high.)

From 1-inch lumber, cut a 9x42-inch

continued

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back upright. Draw a 6-inch-diameter circle along the top edge. Draw a horizontal line 5 inches from the top. Center a 2-inch-diameter circle on the same midpoint of the 6-inch-diameter circle. Use a jigsaw to form circular cutout. Draw a 3x10-inch rectangle centered on bottom edge of upright. Cut it out to form two "legs."

Cut two 3x14-inch front legs. Cut and shape 4x12-inch stretcher to span front legs under seat. Glue and screw stretcher to center of legs. Cut and assemble a 17x18-inch seat from two lengths of 1-inch pine. Round corners; cut a ¾x9-inch notch along the seat back edge to receive the upright. Cut a 12x4-inch stretcher to span the space between upright and the front stretcher between legs. Secure front-to-back stretcher to upright and to stretcher assembly between front legs. Secure seat. Sand, stain, and finish.

9. HEX SYMBOL THROW AND PILLOWS, page 55

(Finished size is 48x72 inches.)

Hem edges of a 48x72-inch piece of white wool. Enlarge patterns, page 72, to 9 inches in diameter. Transfer to throw edges with dressmaker's carbon.

Using chain stitches, embroider designs; edge with jumbo rickrack.

For pillows, transfer four 6-inch-diameter designs to 15-inch-square pillow covers, or 15-inch-diameter designs to the same size pillow covers.

10. SETTLE WITH STORAGE, page 55

(Finished size is 48x36x26 inches.)

Refer to the diagram on page 64. Cut side pieces from #2 common pine. Join shaped sides with spline joints. Cut pieces for bottom and for hinged seat. Make radius cuts along top header of seat back, cut six pieces for back and boards for settle bottom.

To assemble, join seat back pieces to header. Construct a box for storage, and install a center support (see diagram). Secure sides to box and back assembly to side. Hinge seat to box. Sand, stain, and finish.

continued on page 72

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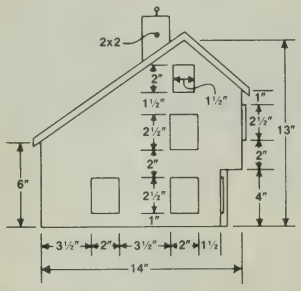
continued from page 68

100 ideas under $100

13. SALTBOX BIRDHOUSE, page 56

To order Project Plan 50384 for Saltbox Birdhouse, see page 134.

Enlarge pattern for birdhouse side, *below,* and cut two from ½-inch exterior plywood. Cut a 6x14-inch back, one 4x14-inch lower front, and one 5¼ x14-inch upper front. Cut one 15x6-inch front roof, one 15x13½-inch back roof, and a 11½x13-inch floor. Cut a 2½x3½-inch "door" in the front. Miter all corners; angle-cut uprights to receive roof. For "siding," make ⅛-inch-deep saw cuts.



From ¼-inch hardboard, cut rectangles for windows; glue and nail the rectangles in place. In the door opening, install a hardboard rectangle with a circle cut from it. Edge door with ½x ½-inch wood strips. Attach a perch and a length of 2x2 for "chimney."

Assemble pieces to form a box. Secure a piece of scrap lumber beneath "second story" overhang. Add floor and roof. Apply waterproof finish, and attach a screw eye to hang.

14. SERVING CENTER, page 56

To order Project Plan No. 50385 for Serving Center, see page 134.

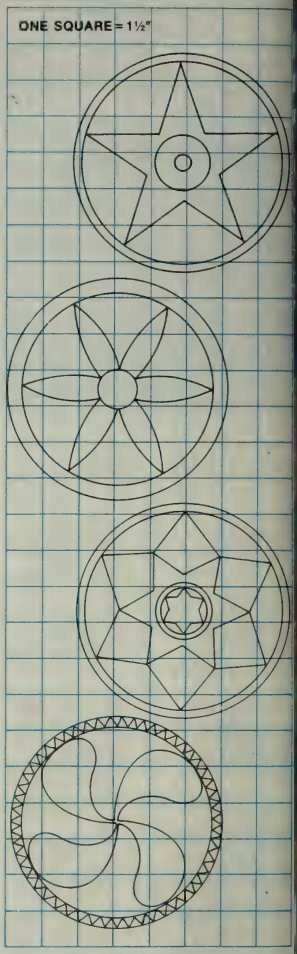
(Finished size is 36x33½x24 inches.)

Cut all pieces (except drawer bottoms) from redwood. To build lower shelves, cut bases and slat pieces from 1-inch wood. For lower shelf base, cut and assemble four lengths of 1¾-inch redwood. (The finished outer dimensions are 34¼x22½ inches.) Secure ten 34¼-inch slats across base. Repeat with 23x22½-inch middle shelf.

Rip 2x6 redwood to 2½x2 inches and cut four 31-inch and two 25-inch uprights. Rabbet uprights to receive bottom shelf 1½ inches from upright bottom. Rabbet four taller uprights for middle shelf at 18 inches from bottom.

continued

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- 2 cup BEST FOODS Real Mayonnaise
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- 2 Tbsp sugar
- 1 tsp salt
- 2 lb potatoes, cooked, peeled, sliced (4 cups)
- 1/2 cup sliced green onions

Large bowl stir together first 5 ingredients. Add potatoes and onions; toss coat well. Cover; chill 4 hours. If desired, sprinkle with chopped parsley. kes about 4 cups. Recipe may be doubled.



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For drawer assembly at top, build an open box that measures 22½x23¾ inches and is 6¾ inches high. Cut two 6x2½-inch openings for drawers along each long side. Build four 5⅞x11x2¾-inch drawers from ½-inch redwood. Make bottoms from ⅛-inch hardboard; insert in dadoes. Face each drawer with a 6½x3-inch redwood piece. Add a wood dowel pull. Build a drawer support track. For lower section build a 22½x11x4¾-inch box. Add dowel "hooks" to outer edge.

To assemble, glue and nail shelves and inverted boxes to uprights. Add six casters; sand unit and finish.

19. PICNIC TOTE AND TABLECLOTH, page 57

To order a free scaled pattern of appliqué shapes, see page 134.

(Finished size is 54x54 inches.)

Cut and piece a 54-inch square of background fabric. Mark four "place settings" on the square. From matching fabric, cut four 12-inch "plates" and one 13-inch center circle. Edge with bias tape; stitch to fabric.

From fabric scraps cut food, flower, and accessory appliqués *without* seam allowances. Pin appliqués to background and machine zigzag stitch around edges. Cut fabric for lining; stitch to background. Position and fasten 32 metal grommets in a circle around appliqués and thread with rope.

24. ALUMINUM TOWER, page 59

(Finished size is 19x19x72 inches.)

Glue and nail four lengths of 1x8 oak to form a 19x19-inch box. Cut four 72-inch lengths of 1½x1½-inch aluminum angle. Position one upright in each inside corner. Screw uprights in place. Measure dimensions between uprights; build an oak box from 1x6s to fit inside. Screw box in place at top of angles. (Angles are screwed to inside of base and to outside of upper box.)

Measure inside dimensions of both boxes. Cut two squares from ¾-inch oak plywood. Glue and nail wood square 1 inch below top edge of upper box. Secure other square ½ inch below top edge of base box. Add four porcelain light sockets to upper box.

For shelves, use oak plywood squares (with cutouts for pots), or build slatted shelves from oak 1x1s. Cut oak 1x1s to support shelves. For one upright, bevel-cut the corners from all 1x1s so the wiring from lights will fit behind. Beginning at bottom, glue four 1x1s to the inside of the angle and toenail to the bottom shelf. Add the next shelf (cutting off one corner for wiring); glue and nail it to top of 1x1s. Repeat until all shelves are secured. Sand, stain, and finish. Complete wiring.

26. COUCH MODULE WITH BOLSTER WALL GRAPHIC, page 60

(Finished size is 30x30x32 inches.)

Cut pieces from ¾-inch fir plywood. For each side unit cut a 28x32-inch back, two 28½x15-inch sides, and a 30x15-inch front. For a corner unit, cut one 28¼x32-inch back, one 29x32-inch back, one 27½x15-inch side, and one 28¼x15-inch side. Support cushions with canvas slings threaded through slots in each module side and held with wood dowels. Cut 26x½-inch side slots and front piece so that each slot bottom is 13½ inches from the bottom of each unit. Cut two slots in back upright to correspond to the slings so back will not weaken.

Glue and nail the units together. The fronts will extend 1 inch left and right of the sides. The corner unit measures 29 inches square. Strengthen corners with blocks or angle irons.

For each unit, make two canvas slings; one from front to back and one from side to side. Stitch two fabric casings to opposite sides of each sling, wide enough for a ¾-inch-diameter wood dowel to pass through. Finish units and secure slings.

For cushions, cut 4-inch-thick foam to 30x30 inches for seat and 30x16 inches for back. For upholstery, cut artist's canvas and decorate with fabric paints. Assemble cushion cover, inserting a zipper along one side.

For bolster, cut an 8-inch-diameter foam bolster in half lengthwise, and to a length to match module width. Upholster; stitch loops to the back.

To make wall supports, cut ten 3-inch circles from ¾-inch plywood. Drill a 1⅛-inch hole in the center of each. Cut ½ inch off the edge of each circle, and make two cuts from the center hole parallel to this cut to form a U-shaped opening.

Using one circle for each dowel end, group the five supports and dowels (see page 60).

28. STACK-'EM-UP TABLES, page 60

(Finished size is 18x18x15 inches.)

From ½-inch fir plywood, cut four 18x15-inch sides, one 18-inch square, and one 16¾-inch square. Angle-cut top edge and 15-inch edge of each side, and along the underside of the 18-inch square at a 45-degree angle.

On each of the four sides, draw a line 2½ inches below the top edge and 2½ inches in from each side. Remove rectangle to form legs. Glue and nail these inverted U-shaped pieces together to form the legs.

Cut four 17-inch lengths of 2x2 lumber; glue and nail them to the inside corner of each leg ½ inch from leg bottom. Glue and nail the 18-inch square to legs; center and secure the 16¾-inch square. Fill plywood edges and finish. (Apply color stain or diluted enamel, and wipe off for desired color.)

29. DESK CHAIR, page 61

(Finished size is 40 inches high.)

From ¾-inch plywood cut a 12x40-inch back and a trapezoid-shaped seat that is 19 inches deep, tapering from 12 to 18 inches wide. From 5/4x4-inch birch, cut two 17¼-inch front legs, two 14¼-inch seat supports, and a 12-inch apron.

Center and secure front apron between legs. Position seat support at a right angle to apron. Secure seat supports to apron and to seat back. Attach seat to leg assembly. Treat exposed plywood edges and finish.

For upholstery, cut ¼-inch hardboard to match seat shape but with a 16-inch front to back measurement. (Hardboard should remain flush to the front edge.) Cut a tapered hardboard strip that extends from rear edge of hardboard seat to top of chair back. Cut and piece artist's canvas to cover both pieces, and form a sleeve that extends along back. Cut a piece of backing fabric and two layers of quilt batt for seat and back upholstery. Decorate upholstery with fabric paints; sew chair pad together. Slip chair back in pad sleeve; set seat pads in place.

continued on page 80

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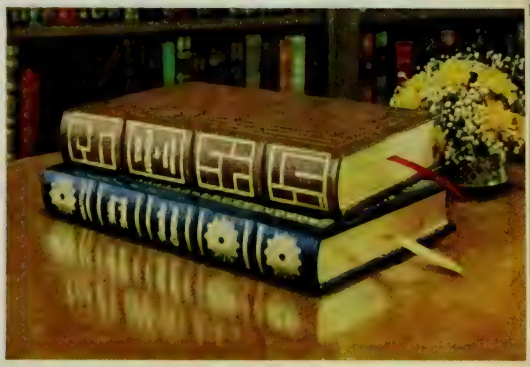
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continued from page 74

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30. TURN-THE-TABLES DESK, page 61

(Finished size is 36x72 inches.)

From 1³⁄₁₆-inch flakeboard, cut a 36x72-inch top. Cut two 6½x18x26⅝-inch-high base units from ½-inch fir plywood. Glue and nail units together, inserting a 1x6 vertical support inside each base.

Glue and nail bases to bottom of tabletop. Cover top and edges with plastic laminate; cover underside with a balance sheet to prevent warping. Stain and finish base units.

31. HARDWORKING DRAWER UNITS, page 61

(Finished size is 16x26x24 inches.)

From ¾-inch birch veneer plywood, cut a 16x24-inch top, two 24x26-inch sides, and a 16x26-inch back. Miter all edges except the bottom of each piece; glue and nail together. Cut a 22½x14½-inch bottom; glue and nail it 2½ inches above bottom.

For front trim, rip three 16-inch lengths of 1⅜-inch wood dowels to ⅞-inch thick. Glue and nail to top of shell and across front between drawers.

Build drawers from ½-inch plywood to measure 22 inches deep and 12¾ inches wide. Cut dadoes in drawers for ¼-inch plywood bottoms. Cut 14½-inch-wide fronts from birch veneer plywood, and screw them to drawers. (Bottom drawer front extends to bottom of outer shell.) For pulls, cut 10-inch-long dowels as for front trim pieces; cut a ⅜x⅜-inch dado along flat edges to create finger pulls. Attach to top of drawer fronts. Install drawer guides. Sand, stain, and finish.

32. WALL-HUNG STORAGE, page 61

(Finished size is 36x72 inches.)

First cut four 12x72-inch shelves from ¾-inch plywood, two 12x36-inch end uprights, and two 12x34½-inch inside uprights.

Assemble shelves with a series of ¾x6-inch notches cut into shelves and uprights. Cut notches from backs of uprights and into shelf fronts. Notch end uprights at top and bottom.

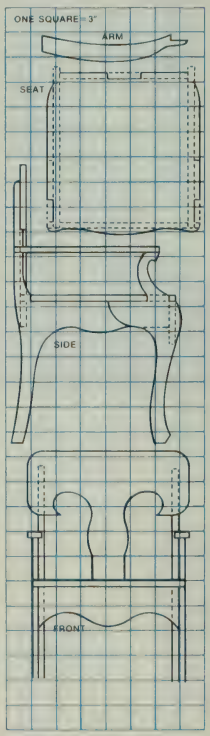
Notch shelves together; glue and nail in place. Glue and nail a ⅛-inch hardboard to unit back. Nail ¾x1¼-inch lumber under the second shelf along back edge.

Cut and finish artist's canvas to cover side shelves. Apply fabric paints. Sandwich panel's top edge between two lattice strips; nail to shelves. To hang, nail through ¾x1¼-inch strip.

33. PROVINCIAL ARMCHAIRS, page 61

(Finished size is 34 inches high, 22 inches wide, and 19 inches deep.)

Enlarge chair patterns, *below;* transfer to ¾-inch plywood, and cut them out. Glue and screw front legs to back leg/side pieces. Secure chair back to back leg uprights and front seat support. Secure chair seat and arms to

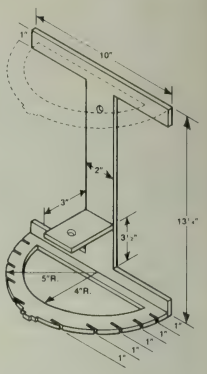


leg assembly. Sand all surfaces. Prepare stain or diluted enamel. Apply to plywood and wipe off. Varnish.

34. PLASTIC WALL LIGHT, page 62

(Finished size is 15x15x6 inches.)

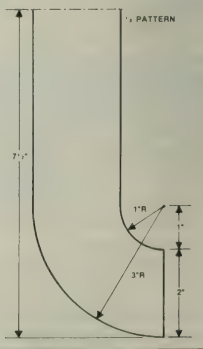
From ¼-inch clear acrylic, cut a 10x13¼-inch rectangle. Cut a 4x11¼-inch rectangle from each side (see diagram *below*). Sketch two 10-inch half-circles



on clear acrylic; mark notches. Cut out half-circles, leaving pegs at center of half-circle. Cut out the inner areas and notches.

Glue half-circles to back support; secure 2x3-inch socket support as shown. Drill support to receive wiring.

Enlarge shade pattern, *below*. Cut ten shapes from white translucent plastic. Cut a 6x14½-inch rectangle with rounded corners for the front. Working from back to front, glue outer pieces to the frame. Glue a socket to acrylic socket support, and install wiring. Position front piece on pegs so that it can be moved to change bulb.



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A Kid-Pleasing Cottage

Quilted playhouse $99. Here's a delightful kid-sized cottage that's a beauty to behold, and its flakeboard shell is designed for easy building *and* moving. Quilt batting is glued to the shell with a layer of calico tacked on top. Each padded shingle is stitched separately, then stapled in place. Uncovered surfaces are painted with enamel. If you prefer an outdoor playhouse, just substitute exterior-grade plywood.

For more building specifics, turn to page 159. / All credits, page 162.



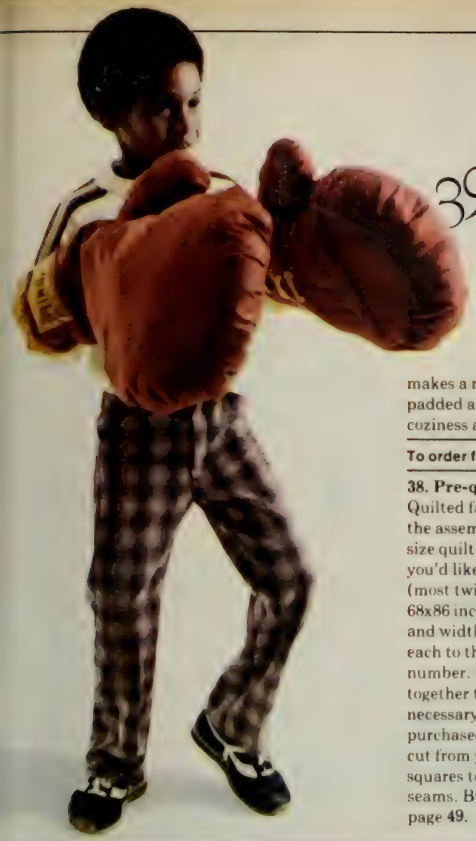
35

Bright Ideas for a Kid's Room

36. Window-washer-bucket nightstand $30
High-impact plastic buckets are among the sturdiest totes you can find. Here, two bright blue window washer buckets (available at cleaning supply outlets) are nested in a ¾-inch flakeboard shelf to create a quick and easy nightstand.

Using the dimensions of the buckets as a guide, cut the pieces for the shelves. Miter the uprights and the top, and cut dadoes along the uprights to receive the center shelf and bottom. Fill the area beneath the bottom shelf with a 1x2. Sand, prime, and paint.





37. Teddy bear fabric headboard $25
A length of brightly printed fabric that's been embroidered and embellished makes a nifty headboard. It's padded and quilted for extra coziness and comfort.

To order fabric, see page 134.

38. Pre-quilted comforter $45
Quilted fabric squares speed up the assembly of this twin-size quilt. Decide what size you'd like your quilt to be (most twin-size comforters are 68x86 inches), divide the length and width by 5½, and round each to the nearest whole number. Multiply these together to determine the necessary number of six-inch purchased squares or squares cut from yardage. Stitch squares together with ¼-inch seams. Buying information, page 49.

39. Pillow fighters $15
Here are two knockout pillows your little slugger can really get a grip on. They're fashioned after boxing gloves, of course, and easily assembled from a kit.

To order kit, see page 134.

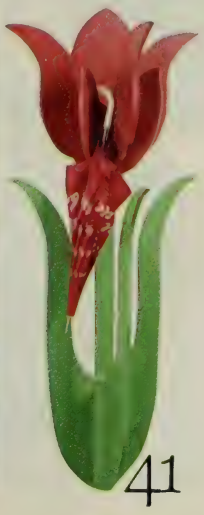
40. Fire truck graphic $38
Create four-alarm fun with this wall graphic, made from self-adhesive plastic. Add a 48-inch-long wooden ladder, a running board shelf, a fabric "hose," and two floor pillows.

To order free scaled pattern, see page 134.

41. Tulip catchall $16
To set a room abloom, first draw a 48-inch-high, 20-inch-wide tulip. Cut the shape—and an extra leaf and petals—out of plywood. Support protruding parts with angled molding; paint and hang.

How-to begins on page 159.
Buying information, page 49
All credits, page 162





Projects to Build and Stitch for Kids



42



42. Super soft rug or wall hanging $42
Imagine the energy this vibrant rug will bring to exercise sessions! You make the rug from a length of printed fabric cut to a braided shape and padded stripe by stripe for cushioning. Or piece the rainbow sections together from fabric. For how-to, see page 160.

43. Sturdy storage bunk $90
Let the dimensions of your bunk-bed-sized mattress determine the size of this 56-inch-high unit. From ¾-inch plywood, cut three uprights, the doors, shelves, and a deck to support the mattress. Position uprights, and support the deck with 1x3 cleats nailed to the wall. Cut and secure the back of the shelf area and the 1x8 mattress surround. Attach a ladder made from 1x3s and dowels. Hang the doors, add shelves, and paint. Add vinyl tape stripes.

44. Shipshape quilt and pillows $37
You custom-stripe your own fabric for these nautical-look linens. Piece together muslin for the 73x86-inch top and appliqué two triangles of pillow ticking to opposite sides. To form the larger stripes, use iron-on fusible webbing to secure strips of bias tape in contrasting colors. Add throw pillows made from ticking and the bias-tape strips.

45. Contemporary cradle $38
Sleek plywood shapes form the gently rocking sides of this stylish cradle. Cross supports are wood dowels, and the fabric-covered foam pad mattress is supported by a ¾-inch plywood bottom and a fabric sling. For complete how-to and pattern, see page 160.

46. Just-like-the-big-guys' workbench $36
Although it's scaled down, this workbench is very functional. Start by cutting two 29¼-inch 1x4 front legs and two 42-inch back legs. Cut two 46½-inch 1x4s and two 14½-inch 1x4s for the bottom bracing, and a 46½-inch header to span the back legs at the top. From ¾-inch A-D plywood, cut an 18x48-inch work surface, lower shelves, and dividers. Build a drawer from 1x4s and insert a hardboard bottom in ¼-inch-deep dadoes cut near the bottom of the drawer sides. Assemble the unit, adding a piece of perforated hardboard at the top. Brace the panel with a 1x1 stop nailed to the work surface and center a vertical 1x4 divider behind the panel. Sand the unit smooth and leave it unfinished.

47. Fabric-crayoned puff puzzle $12
Special crayons make this project unique. Following manufacturer's directions, have your child draw a picture on fabric. Cut the motifs into puzzle pieces, back each piece with fabric, and stuff.

How-to for all projects begins on page 159.
Buying information, page 49 / All credits, page 162





Sensational Seating Ideas

48. Shaker rocker from a kit $65
Simple and serviceable Shaker furniture has been treasured for decades. This comfortable rocker has the Shaker look, but you can put it together yourself with ordinary tools. Buying information, page 49

49. Scandinavian side chair $18
Doweled joints make this chair extra sturdy. Cut out the shaped back and front legs with a jigsaw and piece the seat together with half-lap joints. Coat with clear finish. For complete how-to, see page 160.

50. Child's bentwood rocker $60
What better place to curl up with a pal than this small-scaled classic? The knockdown chair is easy to assemble and features the traditional caned seat and steam-shaped sides. Buying information, page 49.

51. Sunburst easy chair $76
This dramatic chair is one of our more challenging projects, but it's worth the extra effort. Cut a series of tapered slats for the side on a table saw and join them to a circle to form a fan shape. Apply molding to the outer edges and span them with seat and back. A distinctive wood, like poplar, will highlight the design. For how-to, see page 162.

52. Slat-and-slot lounge chair $72
Once you master ripping wood at an angle, you can put this comfortable chair together in a snap. Ripped 1x12s and 1x8s form the sides, and 1x4s the seat and back. For the lounge chair shown here, we used easy-to-shape pine and covered it with a protective coat of clear finish. For complete how-to, see page 162.

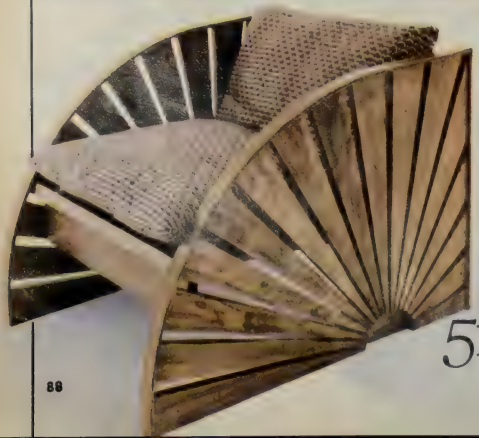
53. Canvas chair fix-up $75
This store-bought chair, with its stainless steel and wood frame, is an update of the popular director's chair. Bias tape applied with iron-on fusible webbing creates the snazzy plaid. Buying information, page 49.

54. Breezy patio chair $54
Dress up an outdoorsy chair like this











one for the great indoors by weaving strips of fabric through the wires. Cut strips to length, fold raw edges to the inside, and weave. Fold the ends under and tack them in place. Buying information, page 49.

55. Soft-sculpture furniture, $30
This life size squashy creation is a shirt-tail relative of a Queen Anne side chair. Hang the "sculpture" in a window, on a stairway, or above one of your own chairs. For pattern and how-to, turn to page 164.

56. Machine-embroidered sling $41
Simple decorative stitches add pizzazz to an ordinary canvas deck chair. Remove the sling and begin with a row of stitching down a center line. Form a symmetrical design by adding randomly different stitches and colors from one side to the other. Stitch sling to chair. Buying information, page 49.

57. Papered-over chair $43
For instant artful seating, glue a layer of vibrant wallpaper or wrapping paper to any wooden chair. Coat the paper with polyurethane varnish to protect your handwork. Buying information, page 49.

58. Child's flip chair $38
This laid-back version of a sling chair is ideal for relaxing. Build the sides and braces from ¾ lumber, and stitch up a sturdy fabric sling from such material as striped denim or canvas. Complete building instructions begin on page 164.

Complete how-to begins on page 159.
Buying information, page 49
All credits, page 162


55


53


54


56


57


58

Imaginative Projects for Every Room





59. Dish drainer shelves $18
Tilt these V-shaped racks and hang them anywhere for instant storage. Buying information, page 49.

60. Portrait shower curtain $27
Wake up a ho-hum bathroom with this one-of-a-kind appliquéd curtain. For how-to, see page 164.

61. Secretary bird desk $54
Try our plywood version of the secretary bird to coax family members to scholarly pursuits. For how-to and pattern, see page 164.

62. Circle shelves $25
Who says shelves must be rectangular? These arcs are cut from ½-inch plywood. For how-to, see page 164.

63. Butterfly headboard $19
Two varieties of wood create the contrast in this animated project. For how-to, see page 164.

Buying information, page 49
All credits, page 162





64. Glass-topped coffee table $67 **65. Fruit-shaped wood bowls $13**
Oak plywood, notched to form open-sided boxes, forms the base for this elegant table. For the quick-to-create bowls, glue together two layers of easy-cutting pine—one with a center cutout to form the sides. For how-to, see page 172.

Complete how-to for all projects begins on page 159.



Dollar-Stretching Decorating

66. Contemporary drop-leaf table $46
You'd be hard put to find a more efficient table design. For building how-to, see page 172. Bonus: You can set a table for four with the dinnerware and accessories shown for under $100. Buying information, page 49.

67. Log-cabin-style floor lamp $26
Stack and glue 12-inch lengths of screen molding to a 12-inch plywood square to begin this lamp, and continue until it's 24 inches high. Add a porcelain light fixture, wiring, and a floodlight bulb.

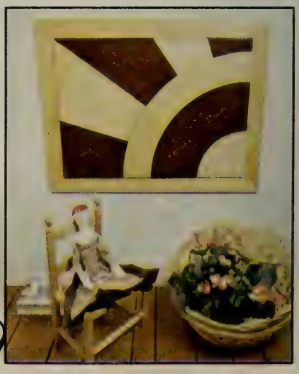
68. Floating circles lamp base $33
Cut a series of seven oak plywood circles, ranging from six to 12 inches across, and edge each with veneer tape. Center a hole in each for wiring and three more evenly spaced holes. Insert threaded metal rods through the three holes and secure each disk with washers and nuts. Add socket and wiring.

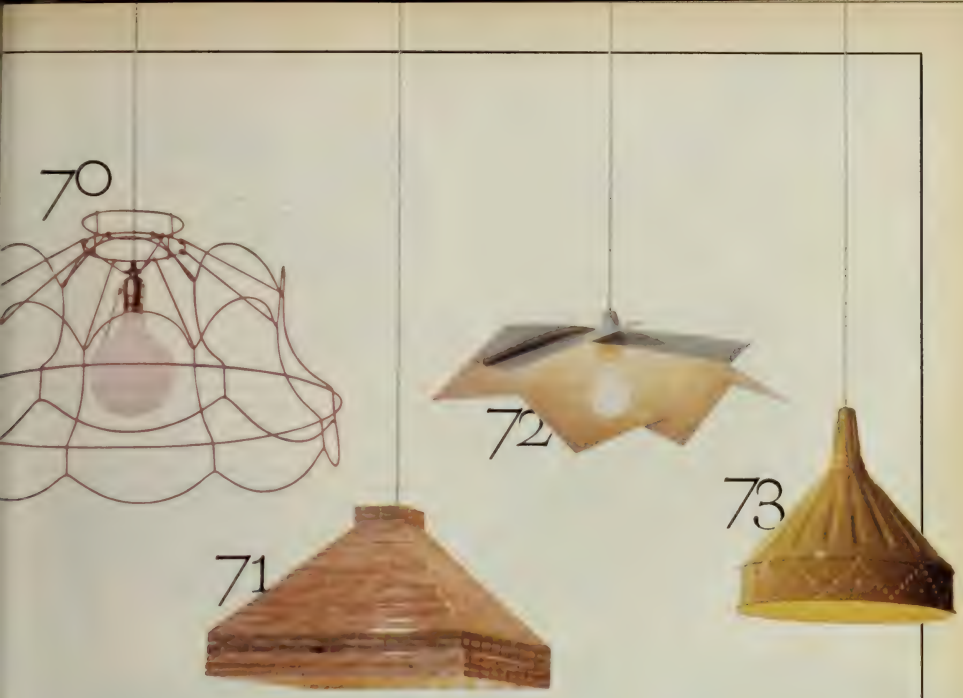
69. Wood puzzle graphic $26
Begin this 30x39-inch graphic on paper. Draw a bull's-eye segment in one corner, with lines radiating to the edges. Cut the shapes from ¾-inch lumber and apply contrasting stains. Set in a three-inch-wide frame.











70. See-through lamp $17
To salvage a sorry shade, remove the old fabric and glue, then spray-paint. Fit with decorative bulb.
71. Roll-up-blind lamp $18
Sections of a discarded blind comprise this cucumber-cool lamp.
For how-to, see page 172.
72. Deck-of-cards lamp $13
To make this stylish light, cement six 8-inch squares of white translucent plastic between sections of a screw-apart hanging socket.
73. Farmland funnel lamp $12
For this country-look shade, drill a folk motif on the rim of a tractor funnel, file rough edges, and paint.
74. Luxurious latch hook rug $80
Lush precut wool yarn enhances the quality of this 29x41-inch rug.

To order rug kit, see page 134.

75. Room divider bureau $46
To build this two-sided chest, cut two 30-inch-high plywood sides tapering from 12 to 24 inches. Cut 36-inch-wide top and bottom pieces and assemble. Build tapered drawers from ½-inch plywood faced with poplar. Nail 1x1s on drawers and inside shell for guides.
For how-to, see page 159.
Buying information, page 49
All credits, page 162







Fun and Functional Furnishings

76. Talk-back flip cushions $32
Create this quartet of engaging pillows that work just as hard on the flip side. The well-put slogan flashes across one side, *below,* and an appliquéd collection of pets sprawls across the other, *above right.* For sewing instructions, see page 172.

77. Store-it-all dining table $45
What table is easier to set than one with built-in storage for flatware and napkins? Each side of this plywood-topped table features below-the-surface boxes that are ideal for grouping all mealtime accessories. For building how-to, see page 172.

78. Refrigerator face-lift $23
Don't discard a workable appliance because of its woebegone exterior. A wrap of adhesive plastic makes a sad-sack refrigerator look sensational.

To order free scaled pattern of this design, see page 134.

79. Sit-and-knit caddy $8
A few handy pockets at your side turn any chair into a comfortable working area. To stitch this caddy, cut a fabric rectangle and finish the edges so that it measures 12½x22 inches. Add pockets from scraps of contrasting colors. Hang the caddy over a chair arm from two-inch-wide straps secured with fastening tape.

Buying information, page 49
All credits, page 162



76a











80. Tuck-away desk from a chest of drawers $57
To turn a piece of unfinished furniture into a compact desk, add a desk top assembly, a coat of paint, and sprightly paper-covered drawer fronts. For how-to, see page 172.
81. Room-dividing orchard screen $36
Plant this screen anywhere in the house for a bit of whimsy. Cut out the tree shapes from a quartered plywood sheet, paint, and add fruit shapes.
Complete how-to begins on page 159.



Great Buys in Easy-Does-It Kits

82. Indoor-outdoor climber $80
This versatile unit goes together in next to no time with simple tools, and it will provide your preschoolers with hours of safety-first fun. The climbing tower is four feet tall, and the base is wide enough to ensure that the unit remains stable during active play. The oak ladder and slide hook firmly to the base. Buying information, page **49**.

83. Electronic weather station $95
Wire this unit yourself and learn many of the fundamentals of electricity. Indoor and outdoor temperatures, barometric pressure, wind speed, and wind direction are all indicated on the four easy-to-read dials. The 20½-inch-long plastic housing can be adapted to hang on the wall or can be converted to a desk unit. Buying information, page **49**.

84. Appalachian dulcimer $30
The dulcimer and the banjo are cornerstones of American mountain folk music. Assembling this traditional teardrop-shaped dulcimer kit is no more difficult than putting together a working model airplane and requires only hand tools. The kit includes spruce soundboards and strings, tuners, and picks. Buying information, page **49**.

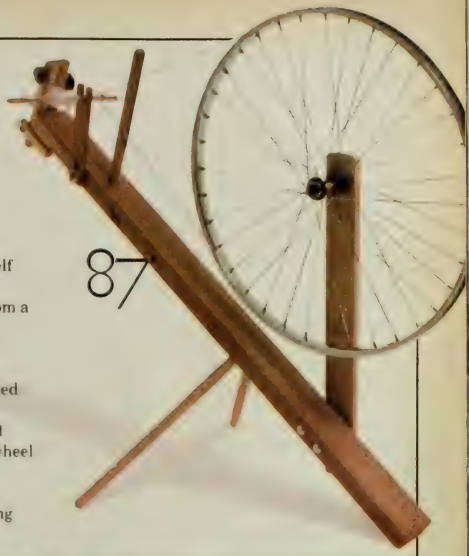
85. Airy braided hammock $40
Let the cares of the day go by while you lounge in this lightweight hammock. It's stretchy enough to hold one or two persons comfortably and collapses compactly when taken down for easy storage. To create the weather-resistant fabric, you use a simple form of braiding. Oak stretchers keep everything hanging straight.

To order hammock kit, see page 134.









86. Children's sleep sack $24
Every kid loves a snuggly sleeping bag. This 22x44-inch sew-it-yourself kit features nylon fabric inside and out and is available with three different weights of fill. To personalize it, try appliqueing a design from a kid's drawing on the outside with leftover scraps of washable fabrics. Buying information, page **49**.

87. Contemporary spinning wheel $42
Although this spinning wheel lacks the old-world charm of hand-carved wooden ones, it works just as well. A bicycle wheel drives the belt and turns the spindle, and with practice, you can turn out a variety of textured yarns. The price includes the wheel; plans for building the wheel from scratch are available. Buying information, page **49**.

88. Carriage clock $97
Looking for a fine timepiece to set off your colonial decor? Try building this clock from a kit. You can choose from a variety of dials and movements; the case is precut mahogany. Buying information, page **49**.





89. Twined baskets $12, $15, $30 Twining is the technique used for this trio of baskets. The kit includes easy-to-work-with jute in earthy colors. You twist the strands between the warp cords to form the baskets.

To order baskets, see page 134.





Buying information, page 49
All credits, page 162
Kit prices do not include shipping and handling.

Pastel-Pretty Attic Retreat

Take off on a flight of fancy and turn any old attic into a delightful haven. The sherbet-colored bed treatment, daybed upholstery, and doily-adorned pillows are sewn from striped and solid sheets. Macrame cord woven onto a rocker and footstool provides unexpected color, and the stenciled floor is a sure sign of spring. Just for fun, make a gaily decorated "cake" from a stack of cheese boxes. Buy the table lamp in a package and assemble it yourself at home. The non-warming stove is the perfect pedestal for a pretty plant.

90. Cord chair seat $18
91. Dreamy daybed $77
92. Six lacy pillows $30
93. Cheese box "cake" $52
94. Embroidered doll $26
95. Stenciled "rug" $23
96. Nail keg nightstands $20
97. All-in-one lamp kit $29
98. Doily inset curtain $13
99. Bed treatment $87
100. Plant stand stove $90

Complete how-to for these projects begins on page 174.
Buying guide, page 49
All credits, page 162





THE BEST SANDWICHES SINCE SLICED BREAD



BY ROSEMARY C. HUTCHINSON

Just about everyone goes for sandwiches, and that's understandable. They're easy, quick, portable—and, most important, stick-to-the-ribs good. One thing they're often not is exciting. To prove they can be, we've filled these four pages with 15 super sandwich ideas. Look them over—then have fun mixing and matching breads, fillings, and toppers. You'll be delighted with the new "house specials" you'll create.

SINGLE-DECKERS

DELI LOAF SUB

Each hearty sub starts with two slices of hard roll filled wit potato salad, salami, olive loaf, summer sausage, cheddar cheese, brick cheese, onion slices, tomatoes, and a tang mustard dressing. Build your own submarine sandwich b varying the cold meats and substituting coleslaw.



OCKET SANDWICHES

CORNED BEEF PIZZA BUNDLES

To create this mouth-watering sandwich, wrap the corned ef, muenster cheese, cottage cheese, and mushroom slices an herb-seasoned pizza crust. When you have a passel of ty packets, bake and serve them crisp and hot from the en—or chill them to serve cold.

DOUBLE-DECKERS

TURKEY-CRANBERRY CLUB SANDWICH

This three-tiered combo is a variation of an all-time favorite. The ingredients are cranberry relish, turkey, American cheese and, honey loaf.

Recipes begin on page 108.

Photographs: Mason/Sanders. Food Stylist: Bonnie Rabert

SINGLE-DECKERS

For a variety of sandwiches mix and match these breads and fillings or choose one of the following. KRAUT-LIVERWURST MELT teams a hard roll with liverwurst, sauerkraut, green pepper rings, and pepper cheese. PEANUT-BACON SPROUTWICH features oatmeal bread, peanut butter, bacon, and sprouts. HIDDEN FRANKFURTER LOG is a frankfurter wrapped in meatloaf and nestled in a hot dog bun. TUNA-WATERCRESS SANDWICH blends rusks and watercress with tuna salad.



KRAUT-LIVERWURST MELT

POCKET SANDWICHES

If you like to hold your sandwich in your hand, sample these sandwich packets: SHRIMP-SLAW TACO, corn taco shells piled with a chutney, cabbage, cottage cheese, and shrimp salad mixture; CHICKEN FRIED BUNDLE, chicken-pecan salad wrapped in homemade yeast bread and fried; MEATBALL POCKET, pita bread filled with meatballs and topped with a tomato, onion, and cucumber relish; and APPLE-PORK TURNOVER, refrigerator biscuits stuffed with applesauce, green pepper, onion, and cooked pork.



SHRIMP-SLAW TACO

DOUBLE-DECKERS

For terrific tri-level sandwiches try ARTICHOKE-CHICKEN WEDGE, a rye bread, chicken salad, and artichoke combo; EGG SALAD-PROSCIUTTO STACK, a crunchy bagel layered with egg and spinach salad and prosciutto; ZESTY SAUSAGE-BEEF STACK, slices of Vienna bread stacked with Italian sausage patties, mozzarella cheese slices, and cooked roast beef in spaghetti sauce; and CHEDDAR-FRUIT ROUND, homemade DATE BREAD spread with a cheese mixture and topped with apple, pineapple, and carrot.

Recipes begin on page 108



ARTICHOKE-CHICKEN WEDGE

EGG SALAD-PROSCIUTTO STACK


PEANUT-
BACON
SPROUTWICH
HIDDEN
FRANKFURTER
LOG
TUNA-
WATERCRESS
SANDWICH
CHICKEN
FRIED
BUNDLE
MEATBALL
POCKET
APPLE-PORK
TURNOVER
ZESTY
SAUSAGE-BEEF STACK
CHEDDAR-FRUIT
ROUND

SMOKED MEATS HOT OFF THE GRILL

If you hunger for juicy hickory-flavored pork chops or thick slices of smoked beef, but balk at buying a lot of fancy equipment, try one of these great recipes. You'll be surprised at how simple they are! All you need is a small smoking unit (for more information on smoking units, turn the page) or a covered grill. What makes these meats different is that they're cooked indirectly by smoke rather than by direct heat. Once you try one of these easy recipes and discover how good home-smoked meats can be, you'll serve them time and again.

Our best-ever smoked meats, clockwise from lower left: ***Smoked Brisket with Hot Sauce*** features a beef brisket stuffed with a carrot, onion, and celery mixture and brushed with a tangy pepper marinade. ***Oriental Pork Chops*** are thick pork loin chops flavored with a soy, ginger, and orange juice glaze. ***Cornish Hens with Pepperoni Stuffing*** start with juicy individual servings of poultry that are filled with pepperoni, apple, and [illegible] stuffing. [illegible] ***Ribs*** are [illegible] slathered [illegible] molasses, [illegible] powder, and [illegible] preserves.

Recipes begin on page 122
Buying information, page 43

Photograph: Mabrill/Sanders Photography



SMOKE COOKING: EASIER THAN YOU THINK!

You probably know that smoke cooking gives poultry, fish, and meat an irresistible woodsy flavor. But maybe you think the process is too tricky for you. A number of smokers are now available to make smoke cooking practically foolproof.

As the name implies, smokers give foods an appetizing smoky flavor. Since cooking is slow and indirect, the smoky flavor has more of a chance to penetrate the food. Like all barbecue equipment, the various smokers range from the relatively simple to elaborate units. A popular style is the small portable domed smoke oven. The meat cooks directly over smoldering coals, as it does with a covered kettle or wagon grill.

Another portable model is completely open at the bottom for good air circulation. In this model, a tray of coals, supported by pegs, heats the meat and dampened hickory chips plus a small pan of water placed between the coals and the grate (see drawing). The heated water adds moisture to the smoke to keep the meat juicy during cooking.

Another, more elaborate unit is the Chinese smoker. Whether it's a permanent brick structure or a movable one, the smoker is L-shaped with an upright chimney. The meat hangs on racks or hooks in the chimney away from the bed of coals, and the food cooks slowly in the hot smoke.

Remember, smokers only cook the food—they are not designed for curing and preserving food. Refrigerate any food left over from smoke cooking.

Why smoke cook?

Besides having the characteristic smoky taste, smoke-cooked meats and fish are usually juicier, and red meat takes on an appetizing bright red color.

If you're the chief fire-tender at the barbecue grill, you'll appreciate another advantage of smoking: the food nearly tends itself—you need to turn steaks, chops, or roasts much less frequently. And, since the grill is covered, you can smoke cook all year round with hardly a worry about high winds, rain, or snow. (Gas and electric units cook more evenly than charcoal-fired units.)



Drawing: Blaser/Kimball Art Studio

How to smoke cook

Despite the variety of smoke cookers, the basic procedure is the same. Pile charcoal in a pyramid and ignite it with charcoal lighter and a match or use an electric starter. Once the coals are glowing and light gray in color, spread them around the outside of the unit or toward the rear of the grill. Shape a drip pan from foil beneath the meat to catch juices and fat drippings. Then add hardwood chips or sawdust.

If you prefer using the hardwood chips, soak them in water for an hour before using. You can dampen the sawdust when you start the fire. Depending on the degree of smokiness you like, you can either add the wood chips right at the start of cooking for more smoked flavor, or only toward the end for a hint of smoke. In our recipes we got best results using *chunks* of hickory or mesquite for smoke cookers and chips for covered barbecue grills.

For more unusual flavors, consider tossing in some orange peel, garlic cloves, or branches of bay leaf along with the hickory chips.

Kinds of wood

The following types of wood all work well for smoke cooking: mahogany sawdust and chips, oak, hickory, hard maple, bay, mesquite, and fruit woods such as apple and lemon.

If you use chips instead of sawdust, make sure they're small enough to drop between the wires on the grate.

Above all, do not use pine, fir, or any of the softwoods or resinous woods or your food will taste like turpentine!

Buymanship

You can smoke cook in any grill that has a cover, provided it's a tight-fitting one. Look for a draft control under the charcoal grate and a damper on top of the oven. Even if you don't intend to smoke cook a large roast often, you'll need good clearance between the grate and the oven lid. It's also helpful if the cooker is portable so you can roll it around.

Cost

What's the difference between a $40 grill and one that's priced at $300? The costlier grills have a variety of gee-whiz gadgets, but all you really need is a grill with a cover. Gas grills start at around $100 and can run as high as $300. Electric grills begin at $75.

Should you pick a gas or an electric grill? That's a personal decision. Neither requires charcoal or lighter fluid. All you do is turn the grill on and wait till the ceramic bricks are hot enough.





CALIFORNIA SUMMER FRUITS

Fresh peaches. Plums. Nectarines and Bartlett pears. Each so different. So delightful. And so easy to prepare, with the smooth, subtle flavor of KRAFT Real Mayonnaise.

YOU'VE NEVER HAD IT SO GOOD.

COOL SUMMER FRUIT KABOBS

1 cup KRAFT Real Mayonnaise
½ teaspoon sugar
½ teaspoon curry powder

* * *

Ham cubes
Fresh peach slices
Fresh nectarine slices
Fresh plum slices
Fresh Bartlett pear slices
Lettuce

Combine mayonnaise, sugar and curry powder; mix well. Chill.

Alternate ham, peaches, nectarines, plums and pears on skewers. Arrange on lettuce-covered platter. Serve with dressing.

1 cup dressing

VARIATION: Substitute cooked turkey chunks for ham.

KRAFT SALAD DAYS ARE HERE



begins on page **100**

Sandwiches

DELI LOAF SUB

Purchase the potato salad or coleslaw from the deli section of your supermarket—

3 tablespoons mayonnaise *or* salad dressing
1 tablespoon milk
2 teaspoons *dry* onion soup mix
2 teaspoons prepared mustard
6 hard rolls
½ pint potato salad *or* coleslaw
6 slices salami
6 slices olive loaf
6 slices summer sausage
6 slices cheddar cheese
6 slices brick cheese
12 red onion slices
6 tomato slices
Leaf lettuce

In a bowl combine mayonnaise or salad dressing, milk, dry onion soup mix, and mustard; let stand 15 minutes. Halve hard rolls horizontally; hollow out center of each bottom half. Fill with potato salad or coleslaw. Layer meats and cheeses atop. Top each sandwich with 2 onion slices, a tomato slice, and a lettuce leaf. Spread the cut side of roll tops generously with mayonnaise mixture and place, mayonnaise side down, atop lettuce. Makes 6 sandwiches.

CORNED BEEF PIZZA BUNDLE

To make this a knife-and-fork sandwich, omit the butter or margarine; heat the tomato sauce from the pizza mix and spoon over the hot bundles—

1 14-ounce package cheese pizza mix with herbs*
1 12-ounce can corned beef, flaked
½ cup shredded muenster cheese
½ cup cream-style cottage cheese, drained
1 2-ounce jar sliced mushrooms, drained
2 tablespoons butter *or* margarine, melted

In a bowl combine packets of flour and parmesan cheese from pizza mix; add *half* of the herbs. Prepare dough according to package directions. On a lightly floured surface roll dough to a 15x12-inch rectangle; cut into six 6x5-inch rectangles. Combine the corned beef, cheeses, mushrooms, and remaining herbs. Place about ½ cup of the meat mixture near one end of each piece of dough. Fold dough over; seal edges with fork. Place on a greased baking sheet. Bake in 425° oven for 12 minutes or till golden. Brush with butter or margarine. Serve hot or chilled. Makes 6 sandwiches.

**Note:* If you wish, use plain cheese pizza mix and substitute 1 teaspoon dried oregano for the herbs.

TURKEY-CRANBERRY CLUB SANDWICH

12 slices white bread, toasted
½ cup cranberry-orange relish
8 slices cooked turkey
4 slices American cheese
Mayonnaise *or* salad dressing
Leaf lettuce
8 slices honey loaf *or* chopped ham
1 medium cucumber, thinly sliced



To assemble sandwiches, spread 4 of the bread slices with some of the cranberry-orange relish. Top with turkey slices and then cheese slices. Spread one side of remaining slices of bread lightly with mayonnaise or salad dressing. Add *4 slices* bread, mayonnaise side up, to sandwiches. Top each sandwich with lettuce, two slices of honey loaf, and some of the sliced cucumber. Add remaining slices of bread, mayonnaise side down. Cut each sandwich into triangles diagonally and secure with wooden picks. Makes 4 sandwiches.

KRAUT-LIVERWURST MELT

Try this sandwich with thousand island dressing too—

- ½ cup sauerkraut, drained and snipped
- 1 tablespoon creamy Italian salad dressing
- 4 hard rolls *or* 8 slices pumpernickel bread
- 8 ounces liverwurst
- 4 green pepper rings
- 4 slices pepper cheese

In a bowl stir together sauerkraut and Italian salad dressing. To assemble sandwiches, cut rolls in half horizontally. Spread roll bottoms or *half* of the bread slices with liverwurst. Top each with a green pepper ring and some of the sauerkraut mixture. Place a slice of cheese atop each. Broil 4 to 5 inches from heat till cheese melts and sandwich is slightly warm. Top with roll tops or bread slices. Makes 4 sandwiches.

PEANUT-BACON SPROUTWICH

Try using bean sprouts and shredded cabbage in place of the alfalfa sprouts and lettuce—

- 1 cup fresh alfalfa sprouts
- 1 cup shredded lettuce
- 2 tablespoons honey
- 2 tablespoons lemon juice
- ½ teaspoon toasted sesame seed
- 8 slices oatmeal bread, toasted
- ½ cup chunk-style peanut butter
- 8 slices bacon, crisp-cooked and drained
- Candied kumquats, sliced (optional)

In a bowl combine sprouts and lettuce. Stir together honey, lemon juice, and sesame seed. Pour over sprout mixture. Toss lightly to coat. Spread one side of *4* of the bread slices with some of the peanut butter. Top each with two slices of bacon. Add some of the sprout mixture to each sandwich. Garnish with sliced kumquats, if desired. Cap with remaining slices of bread. Makes 4 sandwiches.

HIDDEN FRANKFURTER LOG

Vary this sandwich by using smoked sausage links in place of franks—

- 1 beaten egg
- 1 8-ounce can tomato sauce
- 1 teaspoon minced dried onion
- ¼ cup fine dry bread crumbs
- 2 tablespoons grated parmesan cheese
- 1 teaspoon dried basil, crushed
- 8 ounces lean ground beef
- 8 ounces bulk Italian sausage
- 3 frankfurters, cut in half lengthwise
- 1 tablespoon vinegar

continued





"One of the secrets in my original recipe for Deviled Fish Fillets is Lea & Perrins."

—Chef Larry Linquata, Gloucester House, Gloucester, Mass.



A good chef has lots of good secrets under his hat. Like adding the distinctive flavor of Lea & Perrins Worcestershire Sauce to original recipes. "It's as important in the kitchen as salt and pepper," says Chef Linquata. "So naturally I use it in my Deviled Fish Fillets. If you've got something good, don't change it."

Unlike its imitators, Lea & Perrins is naturally aged in wooden casks. It takes over two years to reach peak flavor. And Lea & Perrins' century-old recipe uses only natural ingredients. Good reasons why it's been the choice of great chefs for generations. They know other worcestershires can't match its unique flavor. Try the recipe below, or create your own with the Original Worcestershire Sauce—Lea & Perrins.

Make

continued

Sandwiches

1 tablespoon brown sugar
6 hot dog buns, split and toasted
Grated parmesan cheese (optional)

In a bowl combine beaten egg, *¼ cup* of the tomato sauce, and the minced dried onion. Let stand 5 minutes. Stir in bread crumbs, parmesan, and basil. Add beef and sausage; mix well. Shape ½ cup of the meat mixture around each of the frankfurter halves. Arrange in a 12x7x2-inch baking dish. Bake in 350° oven for 45 minutes. Meanwhile, combine remaining tomato sauce, vinegar, and brown sugar. Spoon some of the sauce over logs during the last 15 minutes of baking. Heat the remaining sauce to serve with logs. Serve in hot dog buns. Sprinkle grated parmesan over logs, if desired. Makes 6 sandwiches.

TUNA-WATERCRESS SANDWICHES

This sandwich is a great way to use up leftover peas and carrots or other vegetables—

1 6½- or 7-ounce can tuna, drained and flaked
¾ cup cooked peas and carrots, drained
½ cup chopped water chestnuts
⅓ cup dairy sour cream
½ teaspoon dried dillweed
¼ teaspoon onion salt
16 rusks *or* 16 slices white bread
Watercress
1 medium carrot, sliced

In a bowl combine tuna, peas and carrots, water chestnuts, sour cream, dillweed, and onion salt. Spoon the tuna mixture onto *half* of the rusks or bread slices. Arrange pieces of watercress atop tuna mixture and top with carrot slices. Cover with remaining rusks or bread slices. Makes 8.

SHRIMP-SLAW TACO

Another time, substitute canned tuna or salmon for the shrimp—

1 cup coarsely shredded cabbage
1 4½-ounce can shrimp, drained
½ cup cream-style cottage cheese, drained
¼ cup coarsely shredded carrot
2 tablespoons mayonnaise *or* salad dressing
4 teaspoons chutney
½ teaspoon curry powder
⅛ teaspoon salt
taco shells

In a bowl combine cabbage, shrimp, cottage cheese, and t. Stir together mayonnaise or salad dressing, chutney, owder, and salt. Stir into shrimp mixture. Cover and on some of the shrimp mixture into each taco es 6.

KEN FRIED BUNDLE

u can make these sandwiches ahead and chill them until you're ready to eat them—

2¾ to 3 cups all-purpose flour
1 package active dry yeast

continued

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continued

Sandwiches

1 cup milk
¼ teaspoon sugar
2½ cups chopped cooked chicken
6 slices bacon, crisp-cooked, drained, and crumbled
1 8-ounce carton (1 cup) sour cream dip with onion
¾ cup chopped celery
⅓ cup chopped toasted pecans
3 tablespoons cooking oil

In large mixer bowl combine *1½ cups* of the flour and the yeast. In a saucepan heat together milk, 1 teaspoon *salt,* and sugar just till warm (115° to 120°), stirring constantly. Add to dry mixture in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon. Turn out onto floured surface; knead in enough of the remaining flour to make a stiff dough. Knead 5 to 8 minutes more. Place in a greased bowl, turning once. Cover; let dough rise in warm place till double. Punch down; turn out onto floured surface. Shape into 12 balls. Cover; let rest 5 to 10 minutes. Mix chicken, bacon, sour cream dip, celery, pecans, and ¾ teaspoon *salt.*

To make bundles, place a ball of dough on a lightly floured surface. Roll to a 5-inch round, rolling thinner at edges. Place about ¼ cup of the chicken mixture in the center of the round. Moisten edges of dough with water. Bring edges of dough up around filling, stretching slightly till edges just meet. Pinch to seal. Repeat with remaining dough and filling.

In 12-inch skillet heat oil over medium heat 1 minute. Place 6 of the bundles, seam side down, in hot oil. Reduce heat to medium-low. Cover; cook 8 to 10 minutes or till crisp. Turn bundles; cook, covered, 8 to 10 minutes. Drain on paper toweling. Keep warm while cooking remaining bundles. Add oil to skillet, if needed. Serve warm or chilled. Makes 12.



MEATBALL POCKET

1 medium cucumber, finely chopped
1 large tomato, finely chopped
1 small onion, coarsely chopped
¼ cup olive oil *or* cooking oil
3 tablespoons white wine vinegar
½ teaspoon dried oregano, crushed
1 beaten egg
¾ cup soft bread crumbs
½ cup milk
2 tablespoons finely chopped onion
1 teaspoon ground allspice
12 ounces lean ground beef
8 ounces ground pork
4 pita bread rounds, halved

In a bowl combine cucumber, tomato, the small onion, olive oil, wine vinegar, oregano, ¼ teaspoon *salt,* and ¼ teaspoon *pepper.* Cover; marinate in refrigerator several hours or overnight. In bowl combine egg, bread crumbs, milk, the 2 tablespoons onion, 1 teaspoon *salt,* the allspice, and ¼ teaspoon *pepper.* Add beef and pork; mix well. Shape into 24 meatballs. Place in a 12x7x2-inch baking dish. Bake in a 375° oven for 25 to 30 minutes. Drain on paper toweling.

To assemble sandwiches, place 3

continued



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Incredible Egg Macaroni Salad
6 to 8 servings

- 1 7¼ oz. pkg. KRAFT Macaroni and Cheese Dinner
- 1 10-oz. pkg. frozen peas
- 1 medium tomato, chopped
- ¾ cup MIRACLE WHIP® Salad Dressing
- ½ cup celery slices
- ½ cup chopped onion
- ½ teaspoon salt
- Dash of pepper
- 6 hard-cooked eggs

Prepare KRAFT dinner as directed on package. Add peas, tomato, salad dressing, celery, onion and seasonings. Chop five eggs; add to dinner mixture. Mix lightly. Chill. Stir in additional salad dressing before serving, if desired. Garnish with remaining egg, sliced.

Special Offer...Dinex® dual purpose Converti-Bowl, a serving bowl or platter that keeps food hot or cold. Send $5.95 (check or money order) and (2) UPC symbols from KRAFT Macaroni & Cheese Dinners, *plus* the word EGGS from any brand egg carton to: Kraft Dinners Converti-Bowl Offer, P.O. Box 4979, Chicago, IL 60677. (Allow 4 to 6 weeks for delivery).

KRAFT



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The incredible edible egg
American Egg Board



continued

Sandwiches

meatballs in each pita bread half. Top with some of the undrained cucumber mixture. Makes 8 sandwiches.

APPLE-PORK TURNOVER

½ cup chopped green pepper
¼ cup chopped onion
1 tablespoon butter *or* margarine
1½ cups chopped cooked pork
1 8-ounce can (1 cup) applesauce
2 tablespoons Dijon-style mustard
¾ teaspoon ground ginger
2 packages (6 biscuits each) refrigerated biscuits

In a 2-quart saucepan cook pepper and onion in butter or margarine. Remove from heat; stir in pork, applesauce, mustard, ginger, and ½ teaspoon *salt*. On floured surface roll each of the biscuits to a 5-inch circle. Place ⅓ cup of the pork mixture on *half* of the rounds, spreading meat mixture to within ½ inch of edge. Top with remaining dough rounds. Press edges together; seal with tines of fork. Brush with milk and sprinkle with sesame seed, if desired. Place on an ungreased baking sheet. Bake in 400° oven for 10 to 12 minutes. Serve warm. Makes 6.

ARTICHOKE-CHICKEN WEDGE

¼ pound fresh pea pods
1 14-ounce can artichoke hearts
½ cup mayonnaise
¼ cup grated parmesan cheese
1 tablespoon lemon juice
1 clove garlic, minced
1½ cups finely chopped cooked chicken
½ cup chopped celery
1 round unsliced loaf rye, whole wheat, *or* pumpernickel bread

In a saucepan cook pea pods in boiling salted water for 2 minutes. Drain well; chill. Drain artichokes thoroughly, pressing to remove excess liquid. Mash artichokes; stir in mayonnaise, parmesan cheese, lemon juice, and garlic. Mix well. Stir in chicken and celery. Cover; chill several hours.

To assemble sandwiches, cut three ½-inch slices from the center of the loaf of bread. (Use top and bottom of

Refreshingly creamy pies made with COOL WHIP® Topping and DANNON® Yogurt. Slightly sweet. Slightly tangy. Practically foolproof.

1.



Thoroughly combine crushed fruit and fruited yogurt in a bowl.

2.



Fold in the great fresh taste of Cool Whip® Non-Dairy Whipped Topping, blending well.

3.



Spoon into crust and freeze about 4 hours. Remove from freezer and place in refrigerator 30 minutes (or longer for softer texture) before serving. Store any leftover pie in freezer.

Raspberry Yogurt Pie
2 containers (8 oz. each) DANNON® raspberry yogurt
½ cup crushed raspberries (optional)
1 container (8 oz. or 9 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 prepackaged graham cracker pie crust

Other fruits (with matching yogurt):
½ cup crushed strawberries or blueberries
1 can (8¾ oz.) sliced peaches or apricot halves, drained and mashed
1 can (8¼ oz.) crushed pineapple, drained



In some areas west of the Rockies, where Dannon may not be available, use any other fine yogurt.
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loaf for another purpose.) Spread one side of *two* of the layers with the artichoke mixture. Stack these two layers. Cut pea pods in half crosswise; arrange atop chicken mixture. Top with the remaining bread slice. Cut into 12 wedges. Garnish with cherry tomatoes, if desired. Serves 6.

EGG SALAD-PROSCIUTTO STACK

6 hard-cooked eggs, finely chopped
½ cup finely chopped spinach
2 tablespoons finely chopped onion
½ cup mayonnaise
4 teaspoons prepared mustard
6 bagels *or* 18 slices firm-textured whole wheat bread

Butter o
Spinach
6 ounce

Combine
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cut eac
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continued

Sandwiches

rolls. Brush one side of 4 slices of bread or bottoms of hard rolls with some of the spaghetti sauce. Add sausage patties, cheese side up. Top with 4 more slices of bread or centers of rolls. Lift beef from spaghetti sauce, draining off as much as possible. Pile on sandwiches. Place two or three peppers on each and top with remaining bread slices or roll tops. Makes 4.

CHEDDAR-FRUIT ROUND

2 3-ounce packages cream cheese, softened
⅓ cup shredded cheddar cheese
1 tablespoon milk
12 slices Date Bread, cut ¼ inch thick (see recipe right)
1 medium apple, cored and cut into rings
1 8¼-ounce can pineapple slices, well drained
½ cup coarsely shredded carrot

Beat together cream cheese, cheddar cheese, and milk till smooth. To assemble sandwiches, spread one side of 8 of the bread slices with some of the cheese mixture. Top 4 of the cheese-spread slices with an apple slice. Top with remaining cheese-spread slices, cheese side up. Add a pineapple slice to each and divide the carrot among the 4 sandwiches. Top with remaining bread slices. Makes 4.

DATE BREAD

In mixer bowl cream together ½ cup packed *brown sugar* and ⅓ cup *shortening.* Add 1 *egg* and ½ teaspoon *vanilla,* beating till combined. Stir together 1⅓ cups all-purpose *flour,* ½ teaspoon *salt,* ½ teaspoon *baking soda,* ½ teaspoon ground *nutmeg,* and ⅛ teaspoon ground *cloves.* Add flour mixture alternately with ¾ cup *milk* to creamed mixture. Stir in ⅔ cup whole pitted *dates,* snipped, and ¼ cup chopped *walnuts.* Pour into two greased and floured 30-ounce cans (or any two 4-inch diameter cans such as 1-pound coffee cans). Bake in 350° oven 45 to 50 minutes. Cool slightly. Remove from cans. Cool. Chill overnight before slicing. Makes 2 loaves.

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File under Barbecues and easy meals

Buying information, page 49

BARBECUE MAIN DISHES

Plum-sauced Barbecued Ribs

These first-prize ribs get their tang from a sauce made with canned plums and frozen lemonade concentrate—

- 8 to 10 pounds pork spareribs
- ½ cup chopped onion
- 2 tablespoons butter *or* margarine
- 1 17-ounce can purple plums
- 1 6-ounce can frozen lemonade concentrate, thawed
- ¼ cup chili sauce
- ¼ cup soy sauce
- 2 teaspoons prepared mustard
- 1 teaspoon ground ginger
- 1 teaspoon worcestershire sauce

Cut ribs into 2- or 3-rib portions. In a large Dutch oven simmer ribs, covered, in salted water for 45 to 50 minutes or till tender; drain. To prepare sauce, in large saucepan cook onion in butter or margarine till tender. Drain plums, reserving syrup; remove pits and discard. Place plums and syrup in blender container or food processor; cover and process till smooth. Add plum puree and remaining ingredients to onions. Simmer, uncovered, 10 to 15 minutes, stirring occasionally. Grill ribs over *slow* coals about 25 minutes, turning 3 or 4 times and brushing often with sauce till well coated. Pass remaining sauce. Makes 8 to 10 servings.

Mrs. John P. Gallahue, Piper City, Ill.



File under Desserts

Photographs: Dieter

GELATIN DESSERTS

Vermont Date Cream

This rich, first-place dessert is studded with dates and pecans—

- 1 envelope unflavored gelatin
- ¼ teaspoon salt
- 1 cup milk
- ½ cup maple *or* maple-flavored syrup
- 2 beaten eggs
- 1 cup whipping cream
- ½ cup finely snipped pitted dates
- ½ cup chopped pecans

In a medium saucepan combine gelatin and salt. Stir in milk and maple syrup; let mixture stand about 2 minutes to soften gelatin. Heat and stir till bubbly (mixture will appear curdled). Gradually stir about *half* of the mixture into beaten eggs; return all to saucepan. Cook and stir till bubbly; cook 2 minutes longer or till thickened. Chill till partially set (consistency of unbeaten egg whites). Whip cream to soft peaks (tips curl over); fold into partially set mixture along with dates and pecans. Spoon mixture into 8 dessert dishes; chill till firm. Makes 8 servings.

Mrs. Marjorie Lindsay, Bonaparte, Ia.



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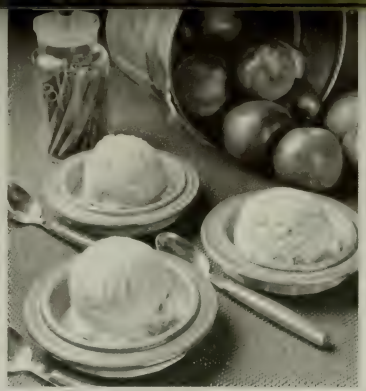
Wine Ambrosia Mold

White or pink chablis would be a good choice for this sophisticated gelatin dessert—

1 6-ounce package apricot-flavored gelatin
1 cup white *or* rosé wine, chilled
1 10-ounce package frozen sliced strawberries, thawed
1 8-ounce can crushed pineapple (juice pack)
2 bananas, peeled and sliced
Whipped cream (optional)

Dissolve apricot gelatin in two cups *boiling water.* Stir in the wine and ¾ cup *cold water.* Chill till partially set (consistency of unbeaten egg whites). Fold in *undrained* strawberries, *undrained* pineapple, and sliced bananas. Turn mixture into one 6½-cup mold or 12 individual ½-cup molds. Chill till firm, several hours or overnight. If desired, garnish with whipped cream using a piping tube with star tip. Makes 12 servings.

Rhonda McDonald, Eugene, Ore.



Baked Apple Ice Cream

It tastes just like baked apples—

Halve and core 2½ pounds (about 8 medium) tart *baking apples;* place in a 13x9x2-inch baking pan. Dissolve 1½ cups *sugar* in 2 cups *boiling water;* pour over apples. Sprinkle apples with 1 teaspoon *ground cinnamon;* bake at 350° for 45 minutes or till tender. Drain; cool. Scrape pulp from skins. Process pulp (with some skin pieces for color, if desired) in blender, food processor, or food mill till smooth. Measure about 2¾ cups puree. Add a few drops *red food coloring,* if desired. Soften 3 envelopes *unflavored gelatin* in 1½ cups of the puree; heat till gelatin dissolves. Remove from heat; stir in remaining puree, 2 cups *milk,* 2 cups *sugar,* and ¼ teaspoon *salt.* In a large mixer bowl beat 4 *eggs;* add 4 cups *light cream,* one 4-serving-size package *instant vanilla pudding mix,* 4 teaspoons *lemon juice,* ¾ teaspoon *ground cinnamon,* and ¼ teaspoon *ground nutmeg.* Stir in puree mixture. Freeze in a 4- or 5-quart ice cream freezer according to manufacturer's directions. Makes 3 quarts.

Phyllis Stewart, Yreka, Calif.



Bacon-wrapped Fish Kabobs

16 boiling onions
2 green peppers, seeded and cut into 1½-inch chunks
16 ounces frozen fish fillets, partially thawed
1½ tablespoons lemon juice
Salt and pepper
16 slices bacon
16 pineapple chunks
16 cherry tomatoes
½ cup bottled barbecue sauce

Parboil onions in boiling water, covered, for 5 minutes, adding green pepper chunks the last 2 minutes of cooking. Drain; peel onions.

Cut fish into 1-inch cubes; pat dry. Sprinkle fish with lemon juice, salt, and pepper. Partially cook bacon; drain. Wrap 1 slice bacon around each fish chunk; secure with wooden picks. Thread wrapped fish, onions, pepper chunks, and pineapple alternately on eight skewers, ending with tomatoes. Grill over *medium-hot* coals for about 15 minutes, turning and basting often with barbecue sauce. Makes 4 servings.

Karen Beal, Key Largo, Fla.



Luau Burgers

Serve these untraditional burgers without the bun—

1 beaten egg
1 8-ounce can tomato sauce
2 tablespoons soy sauce
½ cup finely crushed cracker crumbs (14 crackers)
½ cup chopped onion
⅓ cup chopped green pepper
½ teaspoon ground ginger
2 pounds lean ground beef
8 canned pineapple slices, drained
4 maraschino cherries, drained and halved

In mixing bowl combine egg, tomato sauce, soy sauce, cracker crumbs, onion, green pepper, and ginger till blended. Add meat; mix well. Shape meat mixture into eight 4-inch patties; place each patty on a 14-inch square piece of heavy-duty foil. Top each patty with a pineapple slice and a cherry half. Wrap securely in foil, using drugstore fold. Cook patties over *medium* coals about 45 minutes for medium-well doneness. Makes 8 servings.

Mrs. Lucille Dryden, Emporia, Kans.



Nothing's quite as special as banana pudding made with thin, crisp Nabisco NILLA Wafers and sweet, creamy DOLE® Bananas. An unbeatable combination in this quick and easy recipe that is simply delicious..



Delicious Banana Pudding



1 (5 5/8-ounce) package vanilla flavor instant pudding and pie filling
3 cups cold milk
1 cup whipping or heavy cream, whipped
50 NILLA Wafers
4 large DOLE Bananas

Prepare pudding according to package directions using 3 cups milk; fold in half of whipped cream. Reserve 6 NILLA Wafers and 1 banana; slice remaining bananas. Arrange a layer of wafers on bottom of a 2-quart round baking dish or bowl. Spread one-quarter pudding over wafers; top with banana slices. Place wafers around sides of dish; continue layering wafers, pudding and bananas, ending with pudding. Cover and chill 3 hours or until serving time. Slice remaining banana. Garnish with banana slices, remaining 6 wafers and whipped cream. Makes 8 to 10 servings.



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HASH TACOS

1-15 oz. can Mary Kitchen Roast Beef Hash
1-Cup diced raw tomatoes
½-Cup diced green pepper (frozen or fresh)
¾-1 Tsp. chili powder
Shredded lettuce
Grated Cheddar cheese
Taco shells

Heat hash in saucepan. Add tomatoes, green peppers, chili powder and mix thoroughly. Spoon into heated taco shells. Garnish with lettuce, cheese, additional diced tomatoes and green peppers.



Hormel

begins on page 104

Smoked meats

SMOKED BRISKET WITH HOT SAUCE

To ensure a uniform smoked flavor throughout the meat, choose a flat, even brisket—

1½ cups vinegar
½ cup packed brown sugar
1 teaspoon salt
1 teaspoon bottled hot pepper sauce
¼ teaspoon pepper
1 3- to 3½-pound beef brisket, *not more than* 2½ inches thick
Hickory chunks *or* mesquite chunks (for smoker method)
Hickory chips *or* mesquite chips (for covered grill method)
Charcoal
1 cup chopped carrot
½ cup chopped onion
½ cup chopped celery
2 tablespoons butter *or* margarine

In a bowl combine vinegar, brown sugar, salt, pepper sauce, and pepper. Trim fat from beef brisket. Cut a pocket in side of brisket cutting to but not through opposite and side edges. Rub some of the marinade in pocket. Place brisket in a plastic bag; set in a large bowl. Pour marinade mixture over meat in bag. Seal; marinate in refrigerator overnight, redistributing marinade occasionally.

Smoker method: About 1 hour before cooking, soak about 6 cups hickory or mesquite *chunks* in enough water to cover. Arrange a full pan of coals in smoker and ignite. Meanwhile, in a skillet cook carrot, onion, and celery in butter or margarine, covered, about 5 minutes or till tender but not brown. Set aside.

When coals are hot, drain hickory chunks; sprinkle over coals. Remove brisket from marinade, reserving marinade. Stuff meat pocket evenly with vegetable mixture. Fill water pan of smoker with water and *¼ cup* of the reserved marinade; set in place. Place meat on grill over water pan. Cover and cook 6 to 7 hours, replacing coals and hickory chunks and adding water, if needed, toward end of cooking. At the same time, brush meat with reserved marinade. (Try to open smoker hood as little as possible.) When meat is done, brush with marinade.

Covered grill method: About 1 hour before cooking, soak about 4 cups hickory or mesquite *chips* in enough water to cover. Meanwhile, cook carrot, onion, and celery in butter or margarine, covered, about 5 minutes or till tender but not brown. Set aside.

In a covered grill arrange *hot* coals around a 12x10-inch foil drip pan in firebox. Remove brisket from marinade, reserving marinade. Stuff meat pocket evenly with vegetable mixture. Fill drip pan with 2 cups water and *¼ cup* of the reserved marinade. Drain chips well; sprinkle *one-fourth* of the chips over coals. Place brisket over drip pan on grill. Brush with some of the reserved marinade. Lower grill hood; cook 1 hour, adding additional coals and chips as needed. Turn brisket. Grill, covered, 50 to 60 minutes more or till meat is well done, adding more coals and chips as needed. Brush with marinade during the last 20 minutes of cooking. Makes 8 to 10 servings.

ORIENTAL PORK CHOPS

To fill a smoker pan, you'll need about ten pounds of charcoal—

⅓ cup soy sauce
¼ cup cooking oil
¼ cup orange juice
¼ cup finely chopped green pepper
1 tablespoon finely shredded orange peel
1 tablespoon brown sugar
2 teaspoons ground ginger
1 teaspoon ground turmeric
6 pork loin *or* rib chops, cut 1¼ to 1½ inches thick
Hickory chunks *or* mesquite chunks (for smoker method)
Hickory chips *or* mesquite chips (for covered grill method)
Charcoal

In a bowl mix soy sauce, cooking oil, orange juice, green pepper, orange peel, brown sugar, ginger, and turmeric. Place chops in a plastic bag; set in a shallow baking dish. Pour marinade over meat; close bag. Marinate in refrigerator 3 to 4 hours or overnight, rearranging chops occasionally to distribute marinade.

Smoker method: About 1 hour before cooking soak about 4 cups hickory or mesquite *chunks* in enough water to cover. Arrange a full pan of coals in the smoker and ignite. When coals are hot, drain hickory chunks; sprinkle over

continued

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continued

Smoked meats

coals. Fill smoker water pan with water; set in place. Dra chops, reserving marinade. Place meat on rack over wat pan. Cover; smoke 2 to 2½ hours (don't peek for the first hours). When meat is cooked, brush chops generously wi marinade; cook 5 minutes. Turn chops; brush with mo marinade. Grill, uncovered, 5 minutes more.

Covered grill method: About 1 hour before cooking so about 4 cups hickory or mesquite *chips* in enough water cover. In a covered grill, arrange *medium-slow* coals arou a 12x10-inch foil drip pan in firebox. Fill drip pan with cups water. Drain chops, reserving marinade. Pat chops d with paper toweling. Place chops over drip pan on gri Lower grill hood; cook 25 minutes. Add more hickory chip brush chops with reserved marinade. Turn chops; gri covered, about 25 to 30 minutes more, brushing wi marinade occasionally. Makes 6 servings.

CORNISH HENS WITH PEPPERONI STUFFING

When preparing foods on a smoker unit, be sure to drain t hickory or mesquite chunks well or the excess water w lower the coal temperature—

4 ounces finely chopped pepperoni
¼ cup apple cider *or* juice
4 slices toasted raisin bread, cubed (2½ cups)
¼ teaspoon salt
¼ teaspoon ground nutmeg
1 medium apple, chopped
2 tablespoons butter *or* margarine, melted

• • •

Hickory chunks *or* mesquite chunks (for smoker method
Hickory chips *or* mesquite chips (for covered grill metho
Charcoal

• • •

4 1- to 1½-pound Cornish game hens
Cooking oil

In a saucepan simmer pepperoni in apple cider, covere 20 minutes. Drain, reserving 1 tablespoon of the juice. In bowl combine bread cubes, salt, and nutmeg. Add pepperc and apple. Sprinkle with the reserved juice and the melt butter. Toss lightly to mix. Refrigerate.

Smoker method: About 1 hour before cooking, soak about cups hickory or mesquite *chunks* in enough water to cov Arrange a full pan of coals in the smoker and ignite. Wh the coals are hot, drain hickory chunks well; sprinkle ov coals. Fill smoker water pan with water; set in place. Rin birds; pat dry with paper toweling. Stuff each bird wi some of the bread mixture. Skewer neck skin to back; t legs securely to tail. Twist wing tips under back. Pla birds, breast side up, on grill allowing space between ea bird. Brush each with some of the cooking oil. Cover; smo 2 to 3 hours (don't peek for the first 2 hours).

Covered grill method: About 1 hour before cooking, soak cups hickory or mesquite *chips* in enough water to cover. a covered grill arrange *medium-hot* coals around a 12x1 inch foil drip pan in firebox. Add 2 cups water to drip pa Drain hickory chips; sprinkle *half* of the chips over coa Rinse birds; pat dry with paper toweling. Stuff each bi

h some of the bread mixture. Skewer neck skin to back; legs securely to tail. Twist wing tips under back. Place is, breast side up, over drip pan on grill, allowing space ween each bird. Brush each bird with some of the cook- oil. Lower grill hood; cook about 1¼ to 1¾ hours or till moves easily in socket. Brush birds often with cooking Add dampened chips every 30 minutes. Makes 4 servings.

CED MOLASSES RIBS

ou like, purchase commercial five spice powder at an ental specialty shop instead of making your own—

cup prepared mustard
cup light molasses
• • •
cup vinegar
cup pineapple preserves
teaspoon Five Spice Powder (see recipe below)
• • •
kory chunks *or* mesquite chunks
(for smoker method)
kory chips *or* mesquite chips
(for covered grill method)
arcoal
• • •
pounds pork loin back ribs *or* spareribs

n a saucepan blend mustard and molasses. Stir in egar, pineapple preserves, and Five Spice Powder. Cook l stir till preserves are melted. Keep warm.

oker method: About 1 hour before cooking, soak 6 cups kory or mesquite *chunks* in enough water to cover. Arge a full pan of coals in smoker and ignite. When coals hot, drain hickory chunks well; sprinkle over coals. Fill oker water pan with water and ½ *cup* of the molasses xture. Set in place. Brush ribs on both sides with lasses mixture. Place ribs on grill over water pan. Cover; oke 3 to 3½ hours (don't peek for the first 3 hours). Brush ce on both sides of ribs and grill, uncovered, 10 to 15 nutes more. Heat any remaining sauce to serve with ribs.

vered grill method: About 1 hour before cooking soak ut 4 cups hickory or mesquite *chips* in enough water to er. In a covered grill place *slow* coals on both sides of a 10-inch foil drip pan in firebox. Add 2 cups water to drip . Drain hickory chips; sprinkle *half* of the chips over the ls. Place ribs, bone side down, over drip pan on grill. ver grill hood. Cook ribs over slow coals 35 to 40 minutes. rn meat and grill about 35 to 40 minutes more. Sprinkle ls with chips every 30 minutes. (If thin end of spareribs ks too quickly, place foil under thin end of ribs and ntinue cooking.) Brush molasses mixture on both sides of s and grill, uncovered, 10 to 15 minutes more. Heat any naining sauce to serve with ribs. Makes 6 servings.

VE SPICE POWDER

teaspoon ground cinnamon
teaspoon crushed aniseed
teaspoon crushed fennel seed
teaspoon pepper
teaspoon ground cloves

n a small bowl combine ground cinnamon, aniseed, nel seed, pepper, and cloves. Store in an airtight ntainer. Makes 2½ teaspoons.

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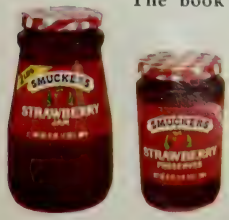
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FOOD



Potato Side Dishes and Easy Scratch Cake

Have you created an ingenious new way to serv potatoes? Do you have a homemade cake that's qui to put together? Send us your recipes—you could w next February. Two Cooks-of-the-Month receive $ each, four Runners-up receive $25 each, and t Honor Roll winners get $10 each. Selected recipes w be pictured on the Prize Tested Recipes pages ne February. All 16 winners receive a framed Certifica of Endorsement and six copies of the recipe.

Hints to Help You

Potato Side Dishes

Any side dish made with white, sweet, or instant potatoes, or a potato mix, qualifies. Do you have an idea for a fast potato fix-up? Tips: **sweet potato-stuffed onions, potato-zucchini salad, horseradish broiled potatoes.**

Easy Scratch Cakes

Your homemade cake reci should feature a shortcut me od. Is yours a self-frosted, u side-down, or stir-and-ba cake? Hints: **peanut butte raisin loaf, topsy-turvy gras hopper cake, orange-glaz yogurt cupcakes.**

THIS MONTH'S WINNERS

(See recipes on pages 119 and 120.)

Cooks-of-the-Month

Mrs. John P. Gallahue, Piper City, Ill.
Mrs. Marjorie Lindsay, Bonaparte, Ia.

Runners-up

Karen Beal, Key Largo, Fla.
Mrs. Lucille Dryden, Emporia, Kan.
Rhonda McDonald, Eugene, Ore.
Phyllis Stewart, Yreka, Calif.

Honor Roll

Mrs. Lida Baldwin, Kingsport, Tenn.
Linda Boisseau, Winter Haven, Fla.
Rashmi Chawla, Troy, Mich.
Martha R. Choate, Plano, Tex.
Mrs. J. F. Finnegan, Minneota, Minn.
Mrs. Kathy Lee, Arcadia, Calif.
Suzi McPherson, Fort Scott, Kan.
Suzanne Smith, Dana Point, Calif.
Irene Stewart, Houston, Tex.
Mrs. Florence Wallgren Grand Rapids, Mich.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark "February Potato Side Dishes" or "February Easy Scrat Cakes."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporati the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, July 31. Whe duplicate recipes are submitted, the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7907 Food Departmer Better Homes and Gardens, Des Moines, Iowa 50336.**

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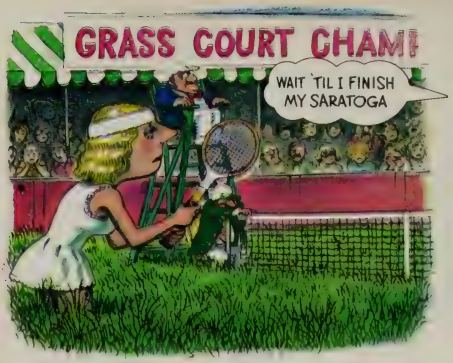
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A winning deck conversion

This deck conversion started with a problem. The homeowners were afraid their toddlers might take a ten-foot tumble from the deck. After debating whether to enclose the deck or make it off limits, the parents chose the first option, with these happy results.





Photographs: E. Alan McGee. Design: Alan Schulman. Builder: David Childress. Source: Ruth Grenci

The family designed the porch project themselves. One of their major aims was to make the addition look as if it had always been there. As the top photo shows, their blending job was highly successful. And the extreme height of the porch made possible a tall enclosed space beneath that's ideal for storing outdoor furniture, lawn and garden tools, and other equipment.

Inside the porch (*bottom photo*), screened walls and overhead skylights retain the outdoor feeling. The porch is 12x15 feet in size, although the abundant light makes it seem much larger. The walls are clad with tongue-and-groove cedar; indoor/outdoor carpeting covers the floor.

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Cross-Stitch Sampler. Memorable mottos make the classic simplicity of cross-stitch samplers ever popular, and the detailed counted design of this beautiful sampler assures its success with perfectionists. You'll enjoy creating this treasure for your home. Kit includes high-quality, imported fabric, cotton embroidery floss, and charted instructions for the 16" x20" sampler. Fits our solid oak frame offered in combination below.

Teddy Bear Fabric. Our Teddy Bear wall panel will add color to any child's room. 100% cotton panel will become an interesting conversation piece when used as a headboard to a child's bed or a quilt for baby. It can also be hung by itself as a wall decoration. Delight your children while decorating inexpensively. Our Teddy Bear panel measures a large 36" long and 51" wide. You can make your youngster's room come alive by purchasing Teddy Bear with batting for a unique 3-dimensional look; soft to the touch and fun to look at!

Pillow Fighters. Youngsters will have hours of fun with this pair of giant pillows—soft boxing gloves. Teen-agers will love them as decorator items for their room or dorm. Kit for two large gloves includes brown polyester/cotton fabric, grommets, studs, cardboard, shoelaces, and instructions. Polyester fiberfill is available below.

Rainbow Fabric. Our super-soft rug will truly add a "rainbow" of color to a child's room. Your children will be fascinated with this unusual fabric piece which can be made into a child's play mat and will keep them entertained for hours. Or you can use our rainbow fabric as a wall hanging in a child's room or in a room that needs the contemporary touch. Just imagine the beautiful Rainbow used as curtains or a quilt for a child's room! There's just no limit to the number of ways you can inexpensively decorate with our Rainbow that will delight your family and bring compliments from friends! Rainbow measures a very large 72" long x 59" wide and is 100% cotton fabric. To make Rainbow a play mat or give it an exciting 3-dimensional look, you can purchase it complete with fiberfill.

Luxurious Latch Hook Rug. As a rug or wall hanging the 29"x41" classic Jacobean inspired design shown in this issue will bring an abundance of compliments from your friends, and beautifully accent any decor. Your latch hook kit comes with Pat® Rug 100% virgin wool yarn to give you a fluffier, more luxurious rug or hanging. Wool rug yarn is so durable and mat-resistant the finished piece will last a lifetime. Design printed canvas and easy-to-follow instructions are also included. Latch hook tool required is available below.

Airy Braided Hammock. Let summer days simmer by while you relax in this wonderful rope double-sized hammock! Put your talents for simple weaving and macrame to work now; then head for a shady spot with a pitcher of lemonade! Kit has 700 feet of white polyester rope, two 2" metal rings, two 54" solid oak hammock spreader bars with pre-drilled holes, and fully illustrated instructions. (Hanging chains not included.)

Twined Baskets. The natural earth-tone baskets shown in this issue are appealing and easy to make. Baskets are available in three sizes: small (10" diameter x 6" high), medium (14" diameter x 6" high), large (19" diameter x 9" high) and have a wide range of uses. Picture them with dried flowers, yarn, magazines—the large size makes a decorator wastebasket. Each kit includes jute, fiber rush skeleton, wooden splints for top, and easy-to-follow instructions. Medium size basket includes a handle.

Project Plans for the Better Homes and Gardens® designs shown in this issue are available for purchase. Each plan packet includes large professional drawings, materials list, woodcutting diagrams, and easy-to-follow, step-by-step instructions.

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JANIE THE JOGGER LEARNS
"THE SECRET OF SPEED"
WATER, ROSIE! I JUST DID 5 MILES!
OOOPS!
TIME FOR SOME REAL FANCY FOOTWORK!
HALF A BOUNTY FOR A WHOLE SPILL?
Bounty
YEP, BOUNTY'S THE QUICKER PICKER UPPER! SEE HOW EVEN HALF'S GETTING THAT SPILL UP FAST?
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Bounty ANOTHER LEADING BRAND
Equal amounts of liquid and areas of towels on waxed counter
BOUNTY GETS UP SPILLS FASTER THAN ANY OTHER TOWEL.
Bounty ANOTHER LEADING BRAND
ROSIE, YOU'VE GOT THE SECRET OF SPEED! THAT MUST BE A WORLD RECORD!
RIGHT, JANIE! BOUNTY'S THE QUICKER PICKER UPPER! HALF A SHEET'LL PROVE IT!
Bounty TOWELS

BANANA BONANZA

Help yourself to a bunch of delectable banana desserts! Our sophisticated Coffee Banana Royale is laced with coffee liqueur, and the Banana Cheesecake Pie is blender-easy. Four-layer Banana Dessert features layers of bananas, chocolate, and almonds atop a coconut crust.

Take advantage of the variety of textures bananas offer. Firm, green-tipped bananas can be broiled, baked, or used in fondue. Fully yellow bananas have a medium-firm texture ideal for cooking. Very ripe bananas can be mashed for recipes or whipped into nutritious beverages.







Photographs: Dieter

COFFEE BANANA ROYALE

If you don't have coffee liqueur, substitute strong coffee and sweeten to taste—

½ pint vanilla ice cream
½ cup dairy sour cream
½ cup coffee liqueur
1 large banana, cut up
Whipped cream
Shaved chocolate (optional)

Place ice cream, sour cream, liqueur, and banana pieces in blender container or food processor; cover and blend till smooth. Serve at once or pour mixture into freezer tray; freeze firm.

To serve, break up frozen mixture and place in blender container or food processor. Cover and blend till smooth. Pour into dessert glasses; garnish with whipped cream and shaved chocolate if desired. Makes 2 servings.

FOUR-LAYER BANANA SQUARES

1½ cups flaked coconut
2 tablespoons butter or margarine, melted
2 squares (2 ounces) semisweet chocolate
1 14-ounce can *sweetened condensed* milk
2 medium bananas, peeled and mashed (⅔ cup)
½ cup flaked coconut
1 medium banana
¼ cup toasted slivered almonds, chopped

• • •

1 4½-ounce container frozen whipped dessert topping, thawed
¼ cup toasted slivered almonds

In a medium bowl combine the 1½ cups coconut and the melted butter or margarine till well blended; press mixture firmly into bottom of an 8x8x2-inch baking pan. Bake in a 325° oven for 15 to 20 minutes or till coconut is golden. Cool.

In a small saucepan melt chocolate over medium heat. Stir in condensed milk; cook and stir till mixture is thickened and bubbly. Stir in mashed bananas and the ½ cup coconut. Remove from heat; set aside.

Peel and slice the remaining banana; arrange over crust in pan. Sprinkle the ¼ cup chopped almonds over. Pour chocolate mixture over banana-nut layer, spreading evenly in pan. Cover and chill 6 hours or overnight.

Before serving, spread the thawed whipped dessert topping atop; sprinkle with the remaining ¼ cup slivered almonds. Cut into squares to serve. Makes 9 servings.

BANANA CHEESECAKE PIE

To prevent bananas from darkening, top the chilled pie with fruit and glaze no longer than 2 hours before serving—

1 unbaked pastry shell
¾ cup milk
2 eggs
2 cups cream-style cottage cheese
¾ cup sugar
1 3-ounce package no-bake custard mix
2 tablespoons lemon juice

• • •

½ cup orange juice
2 teaspoons cornstarch
¼ cup apricot jam
2 large bananas

Prick bottom and sides of pastry shell. Bake in a 450° oven for 5 minutes; cool. Reduce oven to 350°. In blender container or food processor combine milk, eggs, cheese, sugar, and custard mix. Cover; blend till smooth. Add lemon juice. Pour into crust. Bake in 350° oven for 40 to 50 minutes or till knife inserted just off-center comes out clean. Cool. Cover; chill several hours or overnight. Combine orange juice and cornstarch in a small saucepan. Stir in jam; cook and stir till bubbly. Slice bananas; arrange atop pie. Spoon glaze on fruit. Chill.



"We've changed homes, but we've always stayed with one kind of homeowners agent."

"We've always been happy with the way State Farm agents have handled our homeowners insurance," says Lin Patterson. "So when we moved to Plano, Texas, we looked around for the State Farm sign and found Bill Perryman."

"We want to be sure we have a company with a good reputation and an agent we can count on," says Susan Patterson.

"We feel State Farm is that kind of company and Bill is that kind of agent."



"We never moved away from State Farm."

Bill Perryman is one of many State Farm agents around the Plano, Texas area, and one of several thousand around the country. That's why, when a family moves, it's usually a simple matter to transfer to another State Farm agent and stay with America's leading insurer of homes.

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MICROWAVE COOKING

Easy-does-it desserts

Note: Timings are for the high power setting and are approximate since counter-top microwave ovens vary by manufacturer.

RUM CHIFFON PIE

5 tablespoons butter *or* margarine
1 cup graham cracker crumbs
½ cup Brazil nuts, ground
3 tablespoons sugar
¼ cup sugar
1 envelope unflavored gelatin
¾ cup milk
3 beaten egg yolks
¼ cup light rum
3 egg whites
2 tablespoons sugar
½ cup whipping cream
¼ cup chopped Brazil nuts

In 9-inch glass pie plate micro-cook butter or margarine 45 to 60 seconds or till melted. Stir in cracker crumbs, the ½ cup ground nuts, and the 3 tablespoons sugar; mix well. Press mixture onto bottom and sides of pie plate. Micro-cook, uncovered, 2 minutes, giving dish a half-turn once. Cool.

In 1-quart glass casserole combine the ¼ cup sugar, the gelatin, and ¼ teaspoon *salt*. Stir in milk and egg yolks. Micro-cook, uncovered, 1 minute 20 seconds to 1 minute 40 seconds or till mixture thickens slightly, stirring every 20 seconds. Stir in rum. Chill till the consistency of unbeaten egg whites.



Photographs: Dieter

Let S&W and Shasta beef u

FREE! $1.50 worth of ground beef.



Beat egg whites till soft peaks form (tips curl over). Gradually add the remaining 2 tablespoons sugar, beating till stiff peaks form. Whip cream to soft peaks. Fold egg whites and whipped cream into gelatin mixture. If necessary, chill again till mixture mounds. Spoon into crust. Chill 4 hours or overnight. Top with chopped nuts.

GINGERBREAD UPSIDE-DOWN CAKE

For even baking arrange pineapple to cover as much of the cake as possible—

1 8¼-ounce can pineapple slices
2 tablespoons butter or margarine
¼ cup packed brown sugar
¼ teaspoon ground cinnamon
1 14½-ounce package gingerbread mix
½ cup shredded carrot

Drain pineapple slices, reserving 1 tablespoon of the syrup. In an 8x8x2-inch baking dish micro-cook butter or margarine for 30 seconds. Stir the reserved syrup, brown sugar, and cinnamon into the butter. Cut pineapple slices in half; arrange in bottom of baking dish. Prepare gingerbread mix according to package directions. Fold in carrot. Starting from outside of pan and working in, carefully pour batter evenly over pineapple mixture in pan. Micro-cook, uncovered, 11 to 12 minutes, giving dish a quarter turn every 3 minutes. Let cake stand 1 to 2 minutes before inverting onto serving platter. Serve warm with whipped cream, if desired. Makes 8 to 10 servings.



our summer barbeque.

Now S&W Foods and Shasta soft drinks not only make your barbeque tastier, we'll help pay for it too.

To receive your $1.50 Cash Refund, just mail us the required proofs of purchase from S&W bean dishes, Shasta Soft Drinks, and ground beef purchased from your favorite food store (minimum $1.50 value).

See specific proof-of-purchase requirements and mailing instructions on Official Cash Refund Certificate below.



BHG/7/79

FREE! $1.50 Worth of ground beef.

Please send me a $1.50 Refund on my purchase of ground beef. I am enclosing the following Proofs of Purchase:

- 4 labels from any of the S&W Beans featured in this ad.
- Cash register tape with a circle around the price paid for 6 cans of Shasta, any flavor, regular or diet.
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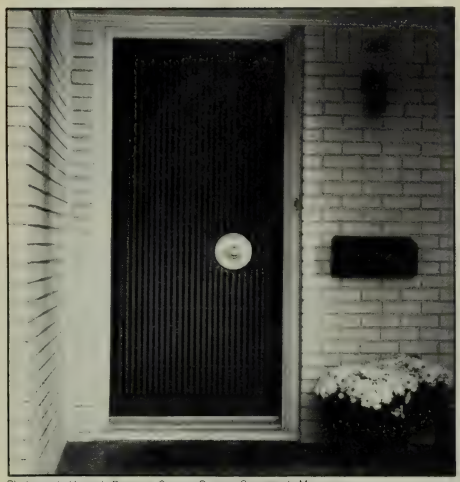
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FRONT DOOR FACE-LIFTS

The door that welcomes your guests can also say something about your flair for creative woodworking. Here are three ways to add a little pizzazz to that drab slab.



Photograph: Hedrich-Blessing. Source: Barbara Sims/Sunset Magazine

Make a hardworking door look great.

Your foam-core metal door does help cut fuel costs, but it also looks a lot like the door to a safe, doesn't it? If you have a table saw and drill press, you can create this panel overlay *(above)* in less than an hour.

Rip nominal one-inch redwood or cedar (so you won't have to finish it) into ¾-inch-wide strips, then bore all strips to accommodate ⅜-inch dowels. Spacing isn't critical; uniformity is. Fasten the panel to the door with construction adhesive.

You can also buy a preassembled wood panel like this one—all ready to mount. It's made by Howard Manufacturing Company, Kent, Washington 98031.

Give a nothing door some personality.

Do you have a ho-hum door? Well, if you also have a miter box and a little patience, you can bring that door out of the doldrums.

Go to the lumberyard and choose any stock molding. (Screen lattice was used for the project shown above right.) Lay the door over two sawhorses and cut out your entire project before tacking any pieces in place.

Create a vestibule for your visitors.

A typical roof overhang partially protecting your entry can be vastly improved just by walling in the open side. Here *(right)*, the vestibule is clad with rough-sawn fir.

The old front door had that monotonous stair-step trio of windows commonly found in older homes. The other two windows are neatly concealed behind the new fir face. A similar treatment inside completes the project.



Photograph: Mark Weiss. Designer: Emily Ann Smith. Source: Ruth Grenci



Photograph: Maris/Semel. Designer: Garrett Mitchell. Source: Ruth Grenci

..Now. No more fights over 'who gets what.'

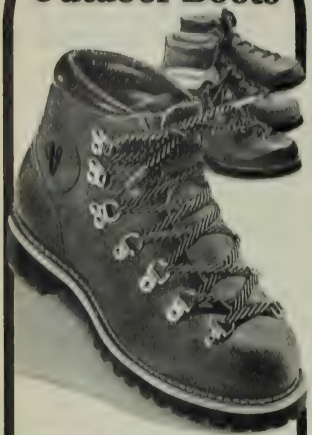
Whatever your family's favorite chicken part, you can now get it from Banquet®. Your choice of Fried Chicken Portions to keep in the freezer, ready for the oven. In minutes—crisp, hot fried chicken at a price that take-out can't beat.



In your grocer's freezer.

New, too! The no-fire, sure-fire barbecue sauced chicken.

Vasque Outdoor Boots



Designed to Fit Women's Feet



If you have tried on outdoor boots, you have probably found that most aren't really fit for women's feet. They are simply cut down versions of men's sizes. So fitting becomes a compromise using socks and pads to make up the differences. Not so with Vasque. Vasque builds women's hiking boots over lasts shaped to the configuration of women's feet. Result? A more comfortable fit.

So, try on a pair of Vasque boots and feel the difference Vasque makes just for you in sizes 4-11, widths AAA, A, C and E*. Or send coupon for our brochure. *Not all sizes in all widths

Vasque

the mountain boots

Vasque Boots, [illegible] St. Paul, MN 55199

Please send me "How To Select Hiking Boots" brochure.

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Blocking a needlework sampler

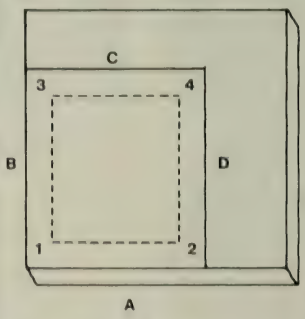
Planning to block and frame that finished needlework sampler yourself and pocket the savings? Here's a way to get professional-looking results.

First things first

If you don't already own a blocking board, check with a local needlework or crafts store to see if they have a supply of boards in stock. Or, you can make your own blocking board. Just have a three-foot square of ½-inch plywood or chipboard cut for you at a local lumberyard. This size can accommodate most blocking needs, and the board will last for years.

Measuring up

Pull the linen backing of your sampler taut and measure the dimensions carefully. With a pencil, draw two lines to indicate these measurements in one corner of your blocking board. Line up two edges of your sampler with edges A and B on the board *(see diagram below)*.



Then, staple or thumbtack edges A and B along the edges of the board, pulling the linen tight as you go. Place staples every two to three inches. Be sure that corners 2 and 3 line up with your original pencil lines. Staple corner 4 to the board. You may need to stretch the linen slightly to make the two corners meet. Staple edges C and D along the pencil lines.

Giving it a good soak

Saturate the sampler with water by using a spray bottle or by placing a wet cloth over the stitchery. Allow it to air dry overnight. Carefully remove the staples and place the sampler face down on a clean, flat surface.

Getting framed

Cut a piece of white or light gray mat board that's 1/16 inch *smaller* on all four sides than your frame's opening. This allows adequate space for the linen. Center the mat board (white side down) on top of the sampler. Carefully stretch the edges of the linen fabric to the back of the mat board, overlapping the material at the corners to eliminate bulk. Anchor the sampler's edges in place with paper clips or safety pins while you center the design on the front side. Make sure the linen is fairly taut, with no puckers.

Nearing the end

To keep the mat board from slipping, secure the linen edges to the mat with masking tape. Or, hand stitch the edges from side to side and from top to bottom in a zigzag pattern, pulling the linen taut as you go. Line the back of the stitchery with brown paper cut ½ inch larger on all sides than the frame. Turn the paper ½ inch under on all sides, securing it to the back with white glue.

Fit the sampler face down into the back of the frame opening. Secure it with staples or with small brads nailed halfway into the sides of the frame. Place the staples or brads three inches apart.

Providing protection

You might consider framing the sampler behind a piece of glass. This makes the piece heavier to hang and may obscure its texture—but your stitchery will stay safe and clean. An alternative to glass is a sheet of acrylic plastic. It's lightweight, unbreakable, easy to clean, and glare resistant. But, it's also more expensive per square foot than glass.



New Quaker Corn Bran.

The benefit of bran. The great taste of corn.

Why corn bran? Until now, all bran cereals were made from wheat. But many people think corn tastes better. So Quaker is introducing Corn Bran. The first cereal made from the bran of corn.

Corn bran vs. wheat bran. Bran is the outer layer of *every* grain—like wheat, corn and oats. Corn bran has the benefit of wheat bran, but every spoonful of Quaker Corn Bran is bursting with the light, golden flavor of corn. Quaker Corn Bran is the first high-fiber alternative to the heavier taste and texture of wheat-bran cereals.

Corn Bran is crispy. Even in milk. Most wheat-bran cereals get soggy in milk. But Quaker Corn Bran is light, delicious and crispy—even when you pour on the milk.

10¢ **New** 10¢

Quaker Corn Bran.

GROCER: As our agent you may accept this coupon from retail customers IF YOU RECEIVE IT ON THE SALE OF THE SPECIFIED PRODUCT. WE WILL REIMBURSE YOU FOR THE FACE VALUE OF THIS COUPON PLUS 5¢ FOR HANDLING ANY OTHER USE MAY CONSTITUTE FRAUD Proof of purchase must be submitted upon request This coupon is void if taxed, licensed, restricted or wherever prohibited by law Consumer must pay any sales tax OFFER LIMITED TO ONE COUPON PER PACKAGE Send to The Quaker Oats Company, PO Box 4106, Oak Park, Illinois 60303 Offer expires March 31, 1980



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A sleek, step-saving kitchen

Crisp, clean lines set this kitchen apart as something special. And, as you'll see, it's every bit as efficient and easy-care as it is good-looking.

When the owners built their new house, they both wanted a big eat-in kitchen with plenty of conveniently located storage space. Even though the room is exceptionally large (15x25 square feet), it lets a cook perform without wasted steps, thanks mainly to the center island. Four gas burners set into the island are perfect for Oriental wok cooking. Deep drawers beneath hold all the accouterments for Chinese and French dishes.

In the peninsula that separates the kitchen from the dining area, another cooktop—this one self-venting—is handy for grilling hamburgers, hot dogs, and steaks, and can convert to a conventional electric cooktop in an instant. A built-in desk nestled into the far corner helps keep this household running smoothly.



Photographs: Maris/Semel. Builder: Gary Garner. Design: Wayman Design Consultations. Source: Ruth Grenci

What vegetable has more iron and protein than these ordinary vegetables*...





All cabinets are covered with easy-to-clean white plastic laminate. The neat aluminum strip pulls match the hardware on the major appliances.

The black glass double ovens are unobtrusively located in a bank of tall cabinets. More and more kitchen planners are locating ovens which do not need constant monitoring out of the busy work core.



This view, *right*, shows the circular flow of traffic from the two doorways, around the center island, and out the back door, or to the dining area. Since the cook works between the sink and one of the cooktops, children and pets never upset a hollandaise at that very critical stage.

The simple Parsons table is laminated in black to contrast with the pristine white cabinetry and counter tops. Not only is the sleek table a breeze to keep clean, it also provides a perfect background for colorful place mats and dinnerware, and makes the food look especially appetizing. Classic chairs with black trim repeat the simple architectural lines of the new space as well as the color scheme. Sliding glass doors lead out to the backyard patio where the family like to dine when the weather is balmy. But even in the midst of winter, the family feel that they're having a snow picnic.



And more baked-in, homemade flavor than ordinary beans?





No one food provides all the nutrients necessary for a well-balanced diet. For example, green beans have more vitamin B_1 than baked beans; carrots have lots of vitamin A, baked beans none. But you may be surprised to know that B&M® Baked Beans have more iron than spinach and more protein per serving than any of the other vegetables shown here. Which makes B&M a nutritious change-of-pace from the other vegetables you eat.

And B&M Baked Beans have a hearty, homemade taste. Baked for 7 hours in a distinctive brown sugar sauce, B&M Baked Beans are deliciously different from ordinary tomato-sauce pork and beans, which are only steamed, not baked. What's more, B&M Baked Beans are made with the finest ingredients.

B&M Baked Beans. More hearty, homemade flavor than ordinary beans.

• per serving

SPACE-SAVING SEATING

Banquette (bench-like) seating take up little floor space, yet provide makes excellent sense when space is lots of extra seating. Here are two limited. Wall-hugging banquettes types of banquettes to consider.

Photograph: Bill Maris. Design: F. Raymond Strawbridge, ASID. Source: Estelle Bond Guralnick



Right: By making use of banquette seating, you can fit gracious dining into tight quarters. Here freestanding benches were upholstered with suede-like fabric to match the walls and the two Regency chairs. Tucked in a corner of a living room, the banquettes offer a stylish solution for a house without a separate dining room, and they double as a sofa when the table is moved.

Below: This built-in banquette was designed to make the most of a hard-to-furnish window-wrapped corner. The base of the banquette is a plywood platform which has been covered with the same sisal used on the floor. Foam cushions and backrests make for comfortable seating. They're covered with fabric to match ceiling and valance.

Photograph: Ernest Braun. Design: Mellon/Wutzke/Smalle Assoc. Source: Helen Heitkamp





Should you use a soap made for sensitive skin?

(Even if yours isn't)

Maybe you don't have problems with your skin very often. Then why should you even think about using a soap specifically formulated for sensitive skin?

There's a very good reason.

A soap that is pure enough, mild enough and safe enough for sensitive skin is bound to be good for yours.

Neutrogena® is just such a soap. It was made originally for sensitive skin. We use only the finest quality ingredients on the market when we make it. Neutrogena is uniquely formulated to rinse off completely, so it leaves no potentially-irritating residue on your skin. It's been recommended for years by doctors to patients who otherwise couldn't use soap.

We believe you can't buy a finer soap for skin care than Neutrogena. And now you can find it in four formulas, adapted for different skin types. So whether you have a skin problem or just don't want one, give your skin the best care you can. Consider Neutrogena soaps, developed for sensitive skin. One of them is bound to be good for you.



Look for it at better drugstores everywhere.

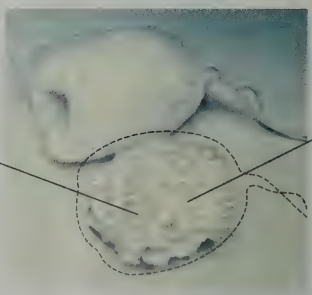
© Neutrogena Corp., 1979

New from Procter & Gamble



The only tampon that protects you with double-absorbing action.

Sponges to absorb fast.
Rely's sponges absorb almost instantly. So you're protected from the start.



Super fibers for holding power.
Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight.

Unique sponge construction for double-absorbing action.

Most tampons are made of compressed cotton and rayon. But Rely® is made a whole new way to give you incredible absorbency. Inside Rely's silky covering are tiny sponges and super-absorbent fibers that work together to protect you with double-absorbing action. When the fibers pull the flow from the sponges, the sponges can absorb even more. And the fibers hold up to 17 times their own weight. So you get the kind of protection you want from a tampon.

Rely fits best to protect you against by-pass accidents best.

There's another wonderful thing Rely's unique construction does for you. As soon as it's in place, Rely gently billows out to fit and protect you, virtually wall to wall. It's wide at the top and tapered at the bottom to allow the vaginal walls to close around it. Because Rely fits best, it protects you best against by-pass accidents. (The accident that happens when there's a gap between your tampon and you.) You can practically forget about staining and accidents with new Rely.

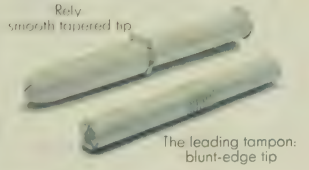


Rely's fit 5 minutes after insertion

The leading tampon's fit: 5 minutes after insertion

Comfortable to wear. Smooth tapered tip for easy insertion.

Rely's sponges also make it soft and cushiony when it expands so it gives and bends with your every move. And Rely's smooth plastic tapered tip inserter glides in naturally, without pinching. A nice change from blunt edges.



The leading tampon: blunt-edge tip

Once you try Rely, you'll wonder how you ever got along without it. It comes in two sizes, Regular and Super. Rely, the only tampon that protects you with double-absorbing action. It may be the best thing that ever happened to your period.

Rely.
It even absorbs the worry.



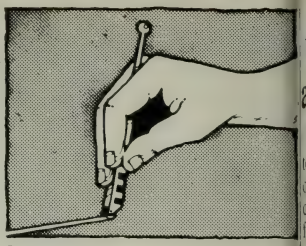
©1979 The Procter & Gamble Company Available in limited areas only.

Glass cutting: Practice makes perfect

Don't let an upcoming glass-cutting job intimidate you. All you really need are some basic how-to pointers.

The only tools you need are a good straightedge and a general-purpose glass cutter. A standard cutter with a steel wheel (about $1-$2) is adequate for do-it-yourselfers.

Most glass-cutting pros place the handle between the first and second fingers, using the index finger to guide and apply pressure to the top side; the thumb supports the underside. Hold the cutter almost perpendicular to the glass, with the top of the handle leaning only slightly in the direction of the cut (see sketch).



Drawing: Hired Hand

Before making the cut, clean the glass, using a liquid cleaner, if necessary. Then follow these steps:

- Place the glass on a flat padded surface. Layers of newspaper, felt, or a scrap of indoor-outdoor carpet will work fine.
- Lay a yardstick—or, preferably, a long metal rule—along your cutting line. (If you use a yardstick, dampen its underside to prevent slippage.) For curved cuts, draw the pattern on paper and put it under the glass.
- Gently press the cutter into the glass—slightly in from the edge farthest from you—and draw the cutter toward you continuously, using consistent pressure and speed. Optimum speed is 12 inches or more per second, and you'll want to practice on scrap pieces until you get the right "feel" and timing. Always run the cutter off the bottom edge at the end of the cut.
- Make just one pass over the score line. Only through practice will you learn the right amount of pressure. Too little pressure, and the glass will not break evenly; too much, and the glass will chip or flake on each side of the line, resulting in a rough edge.
- Break the glass immediately after you cut it. Tap the underside of the cut line with your cutter handle, then grip the edge of the glass closest to you—on each side of the score line, thumbs on top. Snap the glass by applying downward pressure with your thumbs. You may prefer to put a dowel directly under the score line (at the end of the cut) while pressing down on each side.
- To remove narrow strips, use the breaker notches on the glass cutter. If you keep the cutting wheel well lubricated at all times with a mixture of 50 percent kerosene and 50 percent light oil, the tool should give you years of service.

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and lots of protein.
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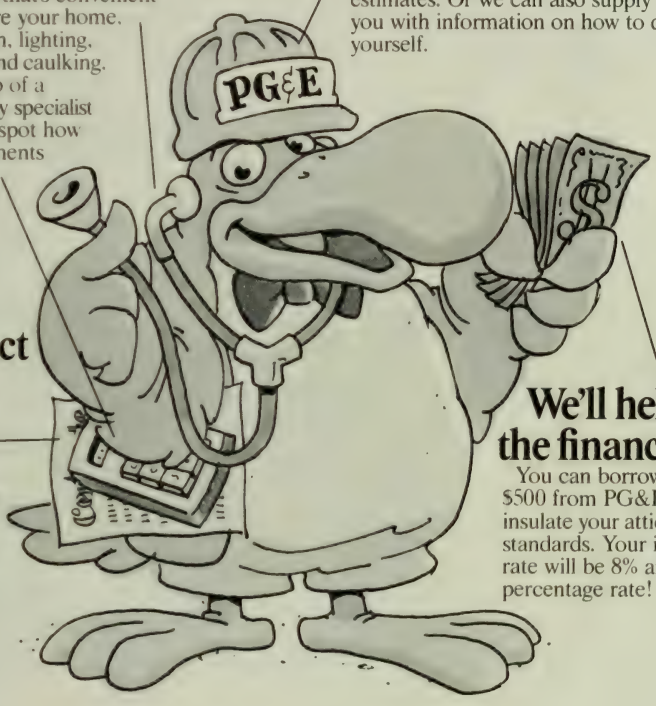
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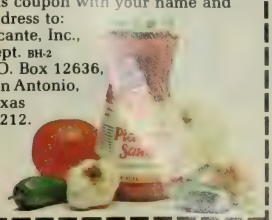


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1 lb. VELVEETA® Pasteurized Process Cheese Spread
¼ cup milk
½ cup Pace Picante Sauce
Heat process cheese spread, milk and Picante Sauce over low heat; stir until sauce is smooth.
Serve with tortilla chips, corn chips or fresh vegetables.

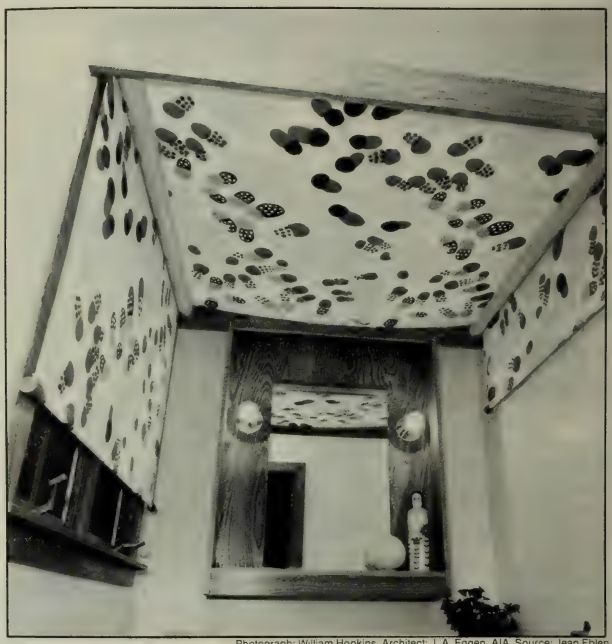
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BUILDING

Easy-to-build bath projects

Here are a couple of ways to add some zip to a tiny bathroom. The window shade/canopy offers an inexpensive combination window/ceiling/wall treatment. The handsome oak mirror frame is an uncluttered, wall-hung design that includes lighting. Together, the projects can make even a small bath look smashing. Start by measuring the ceiling span and the height of the window you want to cover to determine how much fabric you'll need.



Photograph: William Hopkins. Architect: J. A. Eggen, AIA. Source: Jean Eblen

You can construct the shade/canopy in just a couple of hours. The canopy framework is a rectangle of 1x6 oak lumber that has been stained to match the vanity cabinet in this powder room. The gaily printed fabric panel threads between the sides of the framework and across the rollers to form the canopy. The PVC pipe rollers have been spray-painted and are held in place in the canopy frame by round wood plugs at each end of the pipe sections. At the ends of the fabric panel, casings enclose the ¼-inch dowels that serve as stops when the window shade is pulled back and forth across the rollers.

With just a light tug on the window-side dowel, you can pull the fabric down and shade the bathroom window. When you pull on the other dowel, the fabric shifts to reveal the window-panes while acting as a decorative hanging on the opposite wall.

The 20x30-inch mirror is mounted on a sheet of oak plywood and held in place by a strip of oak molding secured with ¼-inch dowels. Oak 1x8s, joined to the canopy's framework with plain dado joints, form the verticals for the mirror frame. The clean-lined shelf is a 1x6; its apron, a 1x4.

Contemporary globe lamps on either side of the mirror provide soft lighting and maintain the uncluttered lines of the mirror/canopy duo.



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BUILDING

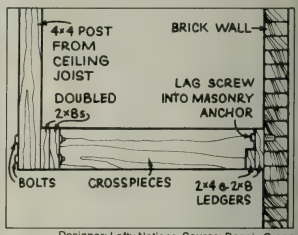
Overhead sleep spot

Are your quarters low on space and high on ceilings? Susan Bergeron's were—in fact, the ceilings at her house are 11 feet high, and all that space was going to waste. Here's how Susan put it to work for her.



Photograph: Frank Lotz Miller

Susan's idea was to add a super custom-designed sleeping loft. The unit serves not only as a convenient hideaway, but also as a handsome accent to the room. Because the platform is suspended six feet above the floor and five feet below the ceiling, there's ample room to move around both in the loft and under it.



Designer: Lofty Notions. Source: Bonnie Crone

The basic structure consists of 2x8s that support a floor of tongue-and-groove pine. Notched 2x8 crosspieces are toenailed onto a two-tiered ledger anchored to the brick wall (see sketch). At the outside edge, a 2x8 is nailed onto the ends of the crosspieces, and a second 2x8 is nailed to the first. The unit is suspended from the ceiling joists by 4x4s bolted through the doubled 2x8s.



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Chex Summer Party Mix

- 1/2 cup butter or margarine
- 1-1/4 teaspoons seasoned salt
- 1 tablespoon soy sauce
- 1/4 teaspoon onion or garlic powder
- 2 cups Corn Chex® cereal
- 2 cups Rice Chex cereal
- 2 cups Wheat Chex cereal
- 2 cups Bran Chex cereal
- 1 cup salted mixed nuts or broken pretzel sticks

Melt butter in electric skillet. Stir in seasonings. Blend well. Add Chex and nuts. Mix until all pieces are coated. Cover skillet, leaving lid vents open. Heat at 250° for 15 minutes. Stir every 5 minutes. Cool on absorbent paper.

Makes 9 cups

Note: A large skillet on the range top may be used. After pieces are well coated with butter and seasonings, heat and stir over low heat 15 minutes. Cool.

CHEX PARTY MIX...now a year-round favorite.

What started as the hit of wintertime holiday parties has taken over the summer scene, as well. Now the Chex Party Mix bowl i where all the guests gather when it's part of a summertime get-together. Serve it at yours, and you'll see what we mean.

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QUICK N' EASY STIR-FRY VEGETABLES

- 2 measuring tablespoons vegetable oil
- 1 medium zucchini, diagonally sliced
- 2 cups diagonally sliced broccoli (sliced in 1" pieces)
- 1/4 cup diagonally sliced scallions (sliced in 1" pieces)
- 1/4 lb. fresh mushrooms, thinly sliced
- 1 envelope Nestlé Souptime® Instant Chicken Noodle Soup
- 1 envelope Nestlé Souptime® Instant Tomato Soup
- 1/8 measuring teaspoon cracked pepper
- 1/2 cup water
- 2 tomatoes, peeled and cut in wedges

In large skillet or wok, heat oil; sauté zucchini, broccoli and scallions, stirring constantly until crisply tender (about 1 minute). Add mushrooms and sauté, stirring constantly about 1 minute. Sprinkle Souptime Chicken Noodle Soup, Souptime Tomato Soup and cracked pepper over vegetables. Add water; stir until blended. Add tomatoes. Cook, covered, 1 minute over low heat.

Makes: 6 servings

Souptime is a sensational flavor extender. Try mixing it with ground meats or combining it with mayonnaise or sour cream for a tasty spread, dressing or dip. Souptime adds an exciting zing to meat marinades and shimmering cool aspics. The combinations are endless so experiment and enter our recipe contest. See Coupon For Refund Offer.

WIN

a chefs Tour to France, see the sou section at your stor for details.

BUILDING

A super solarium

Do you use your patio for summer parties and then let it sit idle the rest of the year? If so, consider converting it into a solarium like this one. Its garden-like decor provides an outdoor atmosphere all year long.



Landscape architect: Nan E. Wright
Contractor: The Plummer Co. Source: Ruth L. Greno

These homeowners extended their new solarium out from the home's original rear wall. The solarium is exactly the same size as the original patio and has a vaulted roof covered with cedar shingles. The double-hung windows and the brick for the walls were chosen to match the style of the main house.

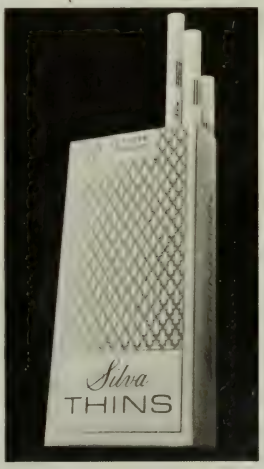


Photographs: E. Alan McGee

Four tempered-glass skylights bring plenty of light into the solarium. The flooring is ceramic tile installed over the cement slab; cedar siding was used to cover the walls. Exposed beams in the ceiling give the room a rustic look. The solarium has its own heat system; an old-time circulating fan helps cool the room in the summer.



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UPDATE

Insect sting allergy treatment approved

The Food and Drug Administration has recently approved venom therapy for insect sting allergy. A person who has experienced potentially life-threatening reactions to stings now can be tested to identify the specific insect allergy and then injected with the proper venom to build tolerance.

After six once-weekly shots, monthly maintenance doses are required, say scientists at the Division of Clinical Immunology at Johns Hopkins University who developed the therapy. Costs average $200 annually for the venom, plus physician and lab fees.

The venoms will be sold under the name Pharmalgen by Pharmacia Diagnostics, Piscataway, New Jersey. The firm cautions that the treatment should always be given by or in consultation with an allergy specialist.

Caution: summer hazards ahead

Summer activities can put your family in dangerous situations. Here are some tips on avoiding mishaps:

Charcoal grilling. Burning charcoal emits colorless, odorless, tasteless, and highly lethal carbon monoxide gas. Used outdoors or with a proper vent indoors, charcoal is quite safe. But don't cook or heat with charcoal in unvented, tightly enclosed spaces such as some campers, tents, or motel rooms.

Fireworks. The U.S. Consumer Product Safety Commission offers these cautions: Never experiment by taking fireworks apart or mixing anything with their contents. Keep water at hand for dousing any misfires. Don't relight fireworks that didn't go off the first time. And never ignite fireworks in metal cans or glass containers.

Tetanus. Tetanus bacteria can enter your body through a minor wound or even an insect bite. Be sure your family's immunizations are up to date. Children should complete basic immunization by age six. After that, a booster is needed every ten years, or whenever a dangerous wound occurs over five years after the last shot.

Screening the sunscreens

Proposed new federal sunscreen labeling requirements—already adopted by many manufacturers—will make choosing the right sunscreen for your skin type easier this summer.

Sun Protection Factor (SPF) numbers from 2 to 15 tell how long the sunscreen permits you to stay in the sun without burning. For example, if you usually get red in 20 minutes, a sunscreen rated "6" should allow you to stay in the sun six times longer, or two hours, without burning. If you usually take 30 minutes to redden, the same sunscreen protects you for three hours.

The higher the number, the greater the protection. The higher numbers also prevent most tanning; lower numbers, while still offering protection against sunburn, permit some tanning. You decide whether you want maximum protection or some tanning, then tailor your choice of a sunscreen to the expected amount of exposure.

Legionnaires' disease findings

Air conditioning systems of the type found in hotels, convention centers, hospitals, and other large buildings help spread some cases of Legionnaires' disease, said scientists at an International Symposium on Legionnaires' Disease, held recently at the Center for Disease Control.

The pneumonia-like disorder is caused by a bacterium that lives in the soil but is blown by wind into evaporation pans and filters of large air conditioners. In certain temperatures and humidity, the organisms multiply; fans propel them into the air. Efforts are under way to develop bacteria-destroying chemicals. Meanwhile, it's advised that large air conditioning systems be cleaned regularly of algae, slime, and scale to eradicate the breeding place of the bacteria.

Legionnaires' disease does not appear to be contagious; in fact, only one or two of every 100 persons exposed gets sick. Authorities speculate that the disorder affects only persons whose respiratory systems already have been weakened by smoking, drinking, or other factors. Prompt treatment with antibiotics (usually erythromycin) cures most cases.

Estrogens and menopause: What are the risks?

The evidence is stacking up: Menopausal and postmenopausal women who use estrogen drugs are at least six times more likely than nonusers to develop cancer of the uterus. The risk increases the longer the drugs are used; women taking such drugs five years or more have a 15-fold greater risk.

These findings come from a major new study by researchers at Johns Hopkins University and the University of Pennsylvania. The scientists compared the estrogen usage of two groups of patients: 451 women with uterine cancer and 888 women hospitalized for other reasons.

Reporting in the *New England Journal of Medicine,* the research team concluded that estrogens should be used by menopausal and postmenopausal women "only when the benefits seem to outweigh the risk. Patients receiving [estrogen] replacement therapy should be monitored regularly to detect possible cancer in its early, asymptomatic stage."

Donald Kennedy, commissioner of the Food and Drug Administration, comments that estrogens "always should be taken in the lowest effective dose for the shortest possible time."

Estrogens can help reduce the severity of "hot flashes." They also can prevent the drying and thinning of the vaginal lining. Evidence is accumulating that estrogens can help prevent osteoporosis, a bone disorder that makes older women especially susceptible to fractures; the drug is not yet approved for this use, however. Estrogens have been proposed as well for treatment of irritability and aging skin, although their effectiveness has not been proven for these problems.

continued

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Altering one's habits and environment can induce better sleep, too, Coates and Thoresen report. Habits that can interfere with nighttime sleep include arising late in the morning, taking a nap, and making the bedroom a setting for such activities as television watching, last-minute studying, or heated discussions and arguments.

"Sleeping medications are, at best, only a temporary and limited solution," the psychologists say. Indeed, the National Academy of Sciences recently called on physicians not to prescribe sleeping pills for more than two to four weeks and to refrain from providing for automatic refills.

Many such drugs lead to physical and psychological dependence. Attempts to stop using them often produce severe nightmares and compound the original sleep disturbance.

Traveler's diarrhea preventive

A study of 128 American students visiting Guadalajara, Mexico, shows that a solution of bismuth subsalicylate, the main active ingredient in the over-the-counter treatment preparation Pepto-Bismol, can prevent traveler's diarrhea.

Of 62 students who took four tablespoons four times a day for 21 days, only 14 developed diarrhea. Of 66 subjects who received a nonactive, look-alike solution, 40 developed diarrhea.

While the amount of medication required is considerably more than a single daily dose of an antibiotic such as doxycycline (which has been prescribed for the malady), the Pepto-Bismol has a lower potential for side effects, says the study's director, Dr. Herbert DuPont of the University of Texas. —*Lynne Lamberg*

continued

Health update

Premarin is the most commonly prescribed estrogen drug. Other brands include Hormonin, Estratab, Evex, Menest, Femogen, and Ogen. About 4.1 million American women take estrogen drugs.

Asbestos and your hair dryer

The use of hair dryers containing asbestos recently has been identified as a potential health hazard. Concern focuses on the possible risk from inhaling asbestos fibers blown from the heat-shield.

For a free list of hair dryers that contain asbestos and those that do not, based on information reported by manufacturers and private labelers, write: Hair Dryers, U.S. Consumer Product Safety Commission, Washington, D.C. 20207.

A good night's sleep—without sleeping pills

For the 15 to 20 million Americans who suffer from chronic insomnia, physical and mental relaxation skills can be more effective and safer than sleeping pills. Progressive relaxation, self-hypnosis, and meditation can reduce time needed to fall asleep or to return to sleep after awakening.

Such skills take time and effort to acquire, report psychologists Thomas Coates and Carl Thoresen of Stanford, in the *Journal of the American Medical Association*.

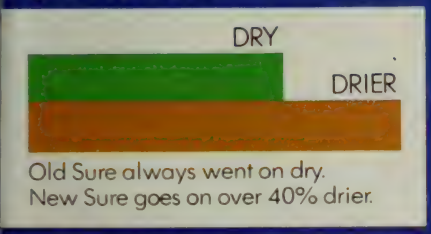


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A GUIDE TO AMERICA'S BEST FAIRS & FESTIVALS

A visit to one of the country's best fairs or festivals can be a delightful mini-vacation. Or you might add a visit to one of these celebrations to your family's next full-fledged vacation. These wholesome and high-spirited events abound from coast to coast—just pick one that suits your style. Besides getting a firsthand glimpse of genuine Americana, you're sure to have a great time.



AIR FAIRS

Even before Orville and Wilbur got their feet off the ground, the fascination of flying spurred adventurous souls to take to the skies. Nothing really has changed much since then; flying and fabulous flying machines continue to attract visitors to top air shows.

The biggest and one of the best of these high-flying celebrations is the annual Experimental Aircraft Association (EAA) and EAA Air Museum Foundation Fly-In at Oshkosh, Wisconsin. The event is held the first week in August (July 28-August 4 this year).

You'll be rubbing elbows with plenty of seasoned pilots and hear lots of shoptalk, but you'll have fun even if your interest in flying is only casual. The collection of aircraft alone is enthralling—from death-defying "pushers" of the Wright brothers' era to World War I biplanes that recall the Red Baron and the days of Waldo Pepper. Among the most intriguing are the "homebuilts." Some resemble modern sculpture and comic-book flying machines. Many of the restored planes are fascinating.

With a pit pass ($6), you can view all the aircraft close up and—if you're lucky—even go up for a spin. Some pilots give free rides all day. To get a pass you must be a pilot or a member or guest of the EAA or another recognized aviation association. But anyone in your family can join the EAA at the field ($25 per adult, $15 for those eight to 18).

There's nonstop action outside the pits, too. You can go to ground school or try your luck in a flight simulator. Demonstrations show how to build your own aircraft. The latest in light planes and powered hang gliders also are on display, and a "fly market" stocks all sorts of paraphernalia. There's even a museum of aviation's first 75 years (a miniature of the EAA Air Museum in Milwaukee).



Visitors get closeup views of all sorts of intriguing and unique aircraft.

Every afternoon, a barnstorming air show fills the skies with daredevils, sky divers, and aerobats. The military's best flying teams also perform. Screeching warbirds reenact battles and skirmishes World War II-style.

A highlight of the celebrating is a history of aviation on the wing called the Pageant of Flight. This armada begins with the open-cockpit old-timers and then finishes up with the latest in ultramodern aircraft. Big names in aviation and musical groups entertain after dark.

Except for pit passes and rides in an historic Ford Trimotor plane ($15), all the entertainment is covered in the $4 admission price, $1 for youngsters 12 through 18. Early midweek is the best time to visit. The first weekend is crowded, and by the last Friday and Saturday many EAA members and their planes have moved on.

Oshkosh lies in east-central Wisconsin, about 80 miles north of Milwaukee, which offers plenty of big-city attractions. The surrounding forested lake country, including huge Lake Winnebago and upper regions of the Fox River, is a favorite with vacationers. Plan to stop at the Paine Art Center and Public Museum in Oshkosh.

The Oshkosh Convention and Tourism Bureau refers visitors to lodgings during the Fly-In. Dormitories at the University of Wisconsin in town and private homes take guests when everything else in the area is filled up. EAA members can camp at the Fly-In grounds.

For more area information, write Robert Green, Wisconsin Division of Tourism, 123 West Washington Avenue, Room 117, Madison, Wisconsin 53702. Contact David Gustafson, Experimental Aircraft Association, Box 229, Hales Corners, Wisconsin 53130, about the Fly-In and EAA membership. (See page 156 for other air shows.)

continued

Photographs: Mark Perlstein (top); Experimental Aircraft Association (below)

A GUIDE TO AMERICA'S

BEST Highland games

Ages ago, Scottish chiefs gathered their clans at highland games to fill top spots of honor in their retinues . Today's highland gatherings have become somewhat more frivolous and a lot more fun, as Scots and would-be Scots get together to celebrate their ancestors' customs in a country fair atmosphere.





Kilt-clad athletes and pipers join in the festive Scottish celebration.

The second weekend in July (13-15 this year), the thrum of drums and skirl of bagpipes welcome visitors to North Carolina's Grandfather Mountain and one of the biggest annual gatherings of Scottish clans anywhere. It's easy to imagine you've somehow been carried across the sea to enjoy a "wee bit o' Scotland."

The festivities spread out across a huge mountain meadow. Flags and tartans of some 100 different clans ripple overhead, while brawny athletes and bonnie dancers and pipers get set to perform. In one section of the meadow, merchants hawk Scottish wares—everything from fine woolens to pots of heather—and not far away, clansmen serve up mouth-watering Scottish treats, like meat pies and succulent shortbreads.

For families who return year after year, the games have the air of a big, happy reunion. Kilt- and bonnet-clad lads, their fathers, and their granddads escort tartan-skirted lassies of all ages. Even the Council of Scottish Clan Associations is on hand to help you locate different clans or trace your Scottish beginnings.

Competitions in piping, dance, and athletics get under way Saturday morning. Lilting pipers accompany flinging and jigging dancers. Border collies show off herding skills. Scottish bands strut and play familiar pieces. Kilted musclemen toss around hefty weights, sheafs of wheat, and giant timbers. Highland wrestling, a kilted mile run, and a tug of war are also on tap.

Tossing the caber is one event that always gets the crowd's attention. Each competitor cradles a telephone-pole-sized log in his hands till it's balanced, then tosses it end over end. If he's lucky, the end of the log lands pointing directly away from where he stands.

You can watch everything from a grassy slope near the judging stands or under the flag-waving tarps of the clans. But wandering around and getting acquainted is more fun. You might pick up a few pointers on piping or learn a highland fling.

Dancing and singing go on till the wee hours at the Scottish shindigs called *Ceilidhs* (adults $2, children half-price). Many of the merrymakers sport full Scottish regalia.

A highpoint of the games is the Parade of Tartans, which takes place Sunday morning after a stirring Scottish worship service. Hymns and psalms resound from the meadow. Then the kilted men and boys representing their various clans pass in review carrying their bright tartans and accompanied by bagpipe bands. Daily admission is $5 for adults and $2 for children six to 12.

The area's Blue Ridge and Great Smoky Mountains make a spectacular vacation setting. The Blue Ridge Parkway is a gorgeous mountaintop drive (470 miles) laced with scenic overlooks, nature trails, fishing streams, picnic sites, and campgrounds. Short excursions off the Parkway lead to mountain resorts and a variety of tourist attractions.

Grandfather Mountain lies two miles northeast of the village of Linville, North Carolina (on US-221). For stays during the games, you'll need advance reservations. Good choices are the Eseeola Lodge, a rustic mountain resort in Linville, and the Green Park Inn in nearby Blowing Rock. There's a number of motels in Boone, Banner Elk, Blowing Rock, and Linville. Don't miss Scottish specialties at Linville's Everything Scottish Shop.

The Center for Continuing Education at Appalachian State University in nearby Boone also rents rooms. The Daniel Boone Inn there is a famous dining spot, and a summer outdoor drama, *Horn in the West,* plays in Boone.

For more about the area, contact Marian Dodd, Division of Travel and Tourism, Box 25249, Raleigh, North Carolina 27611. For details about the games and tickets, write Harris Prevost, Box 39506, Linville, North Carolina 28646. (See page 156 for other highland games.)

continued

Photographs: Hope Crawley

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A GUIDE TO AMERICA'S

BEST Seafood festivals



Wherever the local livelihood depends to some extent upon the sea, seafood festivals are apt to be part of the area's tradition. Many of these celebrations of the sea's bounty began as strictly homespun, local affairs, but they've blossomed into first-class "events" that attract visitors from near and far. Overall, the festivals have retained the friendly, relaxed feeling that helped make them popular from the start. And, of course, they still offer plenty of scrumptious fresh delicacies from the sea.

The crustacean is king for four days in October (4-7 this year) at Alabama's Gulf Shores Shrimp Festival. The setting alone is cause for celebration—the Festival takes place on Pleasure Island along the surf-lathered white sand of the Gulf Coast.

The seaside boardwalk in this summertime resort town is transformed into a beehive of activity. Tropical-style huts spring up to house food concessions. Craftspeople and artists by the hundreds set up shop to show and sell their art and finery. Aromas of fresh seafood cooking sift along the sand, as shrimp is prepared in every conceivable way—fried, baked, boiled, barbecued, in gumbo. Oysters and mullet also share the limelight (about $3 for a dozen shucked raw oysters and $2.50 for a plateful of boiled shrimp). No admission is charged to the Festival.

The colorful blankets of families who've come to join in the fun crisscross up and down the beach, marking their squatting rights on the sand. Romping children crane their necks to catch glimpses of skydiving aerobats. Indians beat tom-toms as their costumed young sons and daughters dance the steps of their ancestors who settled the land before the shrimp boats came.

After dark, music and fireworks create the atmosphere of a miniature Mardi Gras, and everybody kicks up his or her heels at street dances under the stars. Saturday night is especially festive, as pirates and casually clad dancers keep time side by side after the Pirates Costume Contest. A treasure chest full of silver dollars goes to the best-dressed buccaneer. Notorious old John Lafitte would undoubtedly marvel at this crazy and colorful scene.



The cannons boom and a colorful parade gets the Festival under way.

Though the celebrating begins Thursday with a "homegrown" beauty pageant, the food booths, craft displays, and carnival rides don't open up till Friday noon. Excitement builds toward Saturday morning, when the Festival "officially" gets under way with a lively street parade. Shriners, school bands, Indians in costume, antique cars, floats, and bathing beauties are all on hand.

Nearby Bayou Village hosts a similar celebration especially for the younger set, including arts and crafts shows and sales, puppet performances, and other entertainment.

Pleasure Island is separated from Alabama's Gulf Coast by the Intracoastal Waterway. The whole area offers visitors the obvious assets of sunshine, sand, sea, and the outdoor pastimes that go along with them (Gulf waters are too chilly for swimming at Festival time). History-rich Mobile lies an hour's drive north. The battleship *USS Alabama* and the submarine *USS Drum* are moored at Mobile Bay. Nearby old Fort Morgan, standing since 1813, has an intriguing story to tell. Bellingrath Gardens, about 15 miles outside the city, blooms with chrysanthemums in fall. The stately home on the grounds is filled with priceless art and antiques. About 40 miles east are the white sands and fine seafood restaurants of Pensacola, Florida.

Plentiful accommodations in the Gulf Shores area vary from pedigreed resorts to family-style cottages and motels. It's smart to reserve in advance for Festival stays. Nearby Gulf State Park and Lake Shelby offer some of the best camping sites.

To learn more about the rest of Alabama, write Sara Redding, Alabama Bureau of Publicity and Information, 532 South Perry Street, Montgomery, Alabama 36130. Contact Rick Phillips, Gulf Shores Tourist Association, Drawer 457, Gulf Shores, Alabama 36542, about the Festival and attractions in the Gulf Shores area. (See page 156 for other seafood festivals.)

continued

Photographs: Jesse Winder (top); Frank Lotz Miller (below)



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A GUIDE TO AMERICA'S

BEST Renaissance festivals



Renaissance festivals began centuries ago as European harvest fairs. But lately, modern-day merrymakers are getting a chance to indulge in these centuries-old celebrations, complete with live medieval music and entertainment, and courtly manners and courtesies. Graceful Old English is the language of the "realm." Even costumes of the characters who perform are true to Renaissance times.

As you stroll through the banner-decked battlements around the Minnesota Renaissance Festival, you'll sense the revelry in store and realize that you're destined to be more than a spectator at this happy affair. The rolling meadow comes alive with sights and sounds of another time. The King and his "sot" (drinking companion) offer witty toasts to their guests, while merry maids and masters of the revels engage visitors in more spoofs and puns. Minstrels and madrigals delight you at every turn. Roving magicians and other gaily garbed characters gather audiences wherever they go. The local shepherd may try to swap a prize sheep for the lady at your arm. A saucy wench might kiss your cheek; a frisky knave might pinch your bottom. You could even end up in the stocks



Wizards, jugglers, and madrigals are part of the entertainment.

Be on the lookout for the town crier. He bellows announcements of scheduled happenings, including mimes, fables, satires, and miscellaneous tomfoolery staged at an ancient Italian Bakery called the House of the Laughing Buns and three other theaters. Onlookers can root for their favorite knights at the Warrior's Arena. The boisterous antics of Punch and Judy routines at the puppet theater are sure to please the young at heart. Equestrian spectacles always draw crowds to the racetrack. Heralded by trumpet fanfares, thundering chariots and knights on horseback test their skills.

Cries of food mongers and their savory fare tempt you to nibble nonstop. Unique treats range from sweet buttered popovers and warm apple dumplings to Scotch eggs, smoked turkey legs, and spinach pie. Tankards of wine, ale, and juices will quench even the biggest thirst.

About noon, a weird conglomeration of characters the likes of which you've never seen parades around the grounds. King Henry and Queen Anne lead the way, followed by merchants, peasants, ladies of the court, and noblemen. The sleek black knight rides his spirited steed. Belly dancers and gypsies keep time with their castanets and tambourines. Grumbling witches and wizards stroll along.

The meadow is fringed with Renaissance-style structures where artists and artisans reside. You can drop in for demonstrations and barter for their wares. Calligraphers give pointers in fine writing. Soothsayers predict what's to be. Jugglers, glassblowers, blacksmiths, and falconers all share their expertise.

Roisterous games like dunk the duchess, Jacob's ladder, and king of the log await to test your mettle. Even if you lose, the worst outcome is getting dumped in the hay. And you're sure to be enchanted by the Round-a-Bout, a pastel carrousel with a menagerie of unicorns, swans, dragons, and chargers that go round on pedal power.

The Festival runs six weekends (beginning August 18 and 19 this year) at a site 25 miles southwest of the Twin Cities, just southwest of Shakopee. Admission is $5.25 ($4.75 for advance tickets), $1.50 for children five through 12.

St. Paul-Minneapolis is a major cultural center, noted for symphony, theater, shopping, museums, and such. Dozens of super lakes are within easy drives, along with attractions like Minnehaha Falls, historic Fort Snelling and Murphy's Landing, and the new Minnesota Zoological Garden. A turn-of-the-century theme park lies just east of Shakopee.

The hotel-motel strip that serves the Minneapolis-St. Paul Airport is about 20 minutes east of Shakopee on I-494. Lodging options closer by include the Hillview Motel and the KOA Twins campground, both on State-169 south of Shakopee.

To get details about the area, write Hank Todd, Division of Tourism, Minnesota Department of Economic Development, 480 Cedar Street, St. Paul, Minnesota 55101. For more about the Festival, contact Jeff Siegel, Minnesota Renaissance Festival, Route 1, Box 125, Chaska, Minnesota 55318. (See page 156 for other Renaissance festivals.)

continued

Photographs: Barbara Humeston


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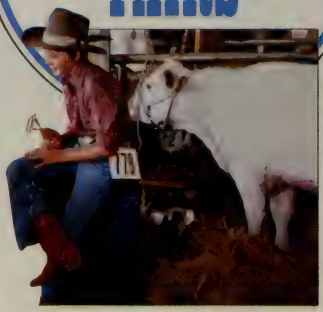
A GUIDE TO AMERICA'S

BEST AGRICULTURE FAIRS

Probably no celebrations have survived the test of time better than agriculture fairs. These folksy festivities attract record crowds year after year. Their success isn't just happenstance. The best fairs are always getting better.

One super agricultural extravaganza is the Ohio State Fair in Columbus. Droves of urban and farm folks alike turn out for this annual 13-day happening (starting August 14 this year).

The sheer size of the grounds (360 acres) and the hundreds of exhibits make a "game plan" almost essential for a visit. Be forewarned that crowds go along with good fairs, but shrewd timing can reduce the hassle. Weekdays aren't as busy as weekends, and mornings and early evenings are the best times to see exhibits. Also, since exhibits (livestock particularly) come and go during the Fair, check ahead to make sure what you especially want to see will be there when you are. When the big crowds start pouring in about noon, plan to hole up somewhere—at a show ring, tractor pull, marching band festival or concert, or a live broadcast of a local TV show.





Livestock competition figures in the Fair fun on tap for all ages.

One good spot for a breather is the park-like Natural Resources area. Kids love chatting with a giant Smokey the Bear and costumed woodland creatures that roam around, or landing a big catch at the fishing pond.

A couple of attractions are perennial favorites at the Ohio State Fair. Hardly anyone passes up a stop at the Dairy Products Building for a smooth chocolate shake or a huge, old-fashioned ice cream cone. And the Coliseum is always packed for the outstanding—and free—horse shows. Every kind of horse, from stately Morgans to lively little Shetlands, has its moment in the ring. Trotters and walking horses sport erect, proper riders. Six-horse hitches pull classy wagons. A stroll along the pleasant landscaped mall next door will give you a preview of the Fair's "new look"—thanks to a multimillion-dollar improvement program.

What fair would be complete without the honky-tonk and razzle-dazzle of the carnival midway? This long stretch of sideshows, games, and thrill rides never loses its fascination for some. And grandstand entertainment and midway glitter are the Fair's big attraction at night (many exhibits close at 8 p.m.). What's unique at this Fair is that all the grandstand fun (matinees and evening shows) is free. Just get there early for a place in line.

Taking time for a look behind the scenes adds a whole dimension to your visit. An intriguing tale or two is yours for the listening at the big, cheery Senior Citizens Center, where longtime fairgoers gather. Chat with exhibitors spiffing up prized livestock or with anxious parents waiting for their youngsters to perform. Also adding a special zest to the Fair is the enthusiasm of the hundreds of young people who participate, including performers in the rousing All-Ohio State Band and Choir.

Don't miss out on the Sale of Champions. Anything can happen when the fast-talking auctioneers get going and area businesses start bidding against each other. The grand champion steer at last year's Fair, for example, went for over $33,000. A blue-ribbon plate of onions even brought $500. Admission to the fairgrounds, just north of downtown, runs $3 for adults, $1 for children 12 and under (kids free weekdays till noon).

Sight-seeing of special note in Columbus includes history-rich Ohio Village, a replica of an 1850s county seat town, and German Village, with its old-world atmosphere. For side trips, try the Ohio Railway Museum in Worthington; prehistoric Indian mounds in nearby Newark; and Roscoe Village, a restored canal town in Coshocton, which hosts a festival the weekend closest to August 21.

Accommodations along State-161, like the Rodeway Inn and the Sheraton North, are convenient for fairgoers. Other good choices are the Holiday Inn Ohio State University and Stouffer's University Inn. There's camping north of town at the Hoover and Griggs Reservoirs.

To find out more about the area, write Travel Ohio, Box 1001, Columbus, Ohio 43216. For details about the Fair, contact John F. Evans, General Manager, Ohio State Fair, 632 East 11th Avenue, Columbus, Ohio 43211. (See page 156 for other agriculture fairs.)

continued

Photographs: Bill Helms

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A GUIDE TO AMERICA'S

BEST TIMBER CARNIVALS



Timber carnivals began in the days when mighty "iron men" felled the big timber with axes and handsaws, and teams of oxen supplied the horsepower. The carnivals provided entertainment for burly lumberjacks in remote forest camps on off-duty Sundays. Though the lumbering business has been streamlined since then and most loggers now commute to the woods from homes in town, colorful timber carnivals live on.

Paul Bunyan would feel right at home in Albany, Oregon, for four days in July (1-4 this year), when the Albany Timber Carnival makes this little community the focus of the woodsman's world. Most of the action takes place on a narrow peninsula and nearby floating stage just outside town, with hardy stands of towering firs as an appropriate background.

Loggers (men and women alike) show up at these loud and lively celebrations in traditional woodsman's garb—caulked boots, stagged pants (with no cuffs to catch in the brush), broad suspenders, and colorful work shirts. Real timbering buffs arrive early (be there by 11 a.m. for a good spot) to get reacquainted with fellow Carnival regulars and offer pointers to newcomers before the competitions rev up about noon.



Logrolling and ax-throwing feats add to the Carnival excitement.

In the logrolling event, not-so-surefooted loggers get a dunking as their slick opponents adroitly spin their shared floating perches this way and that. And you can't help feeling a little anxious as axmen race with time chopping through the massive timbers on which they stand. Razor-sharp blades flail within inches of contestants' toes. Still other free-swinging choppers tackle vertical logs from teetering springboard perches several feet aboveground.

Sawdust flies as the true musclemen and women of the show (called buckers) power big one- and two-person handsaws through huge logs in record time. Grimacing faces and muscle-testing motions tell you that these jagged-edged cutters haven't been dubbed "misery whips" for nothing.

Ax throwers are the real showmen. These mighty deadeyes wield double-bitted axes through four-inch targets at 20 feet. The fancy footwork of the climbers is another heart-stopper. They don spiked boots and tree-encircling belts, then race to the top of towering spar trees, ring a bell, and free fall to the ground.

Different events are rotated on an hourly schedule throughout most of the afternoon. Other tough competitions include horse-pulling contests, skidder races (using tractors to pull weighty logs), and tests of log truck driving skills.

Though macho lumberjacks come from all over, local favorites always get the biggest cheers. Many of the contenders, with families in tow, join other spectators to enjoy the Carnival when they aren't performing.

Daily admission of $3.50 for adults and $1.50 for youngsters six to 11 covers all the events. Fireworks, parades, and midway rides round out the celebration.

The mild climate and lush green land of Oregon's picturesque Willamette Valley are perfect for an easygoing holiday. Within 75 miles of Albany are lakes and big rivers, forested backwoods, country roads and covered bridges, Cascade Mountain peaks, and the Pacific shore. The history-rich state capital of Salem, a stronghold of fine Victorian architecture and museums, and the cities of Eugene and Springfield, where you can take a scenic trip along the McKenzie River, are within easy drives. Two excellent rodeos also are scheduled close by—at St. Paul and Molalla—the same weekend as the Carnival.

Albany has a half-dozen standard motels, but most are booked up early for the Carnival. Accommodations in Salem, a half-hour north, are a good alternative. Another option is Corvallis, home of Oregon State University, to the west. Plenty of forest service campgrounds and state parks lie along the North and South Santiam Rivers (State-22 and US-20) about 40 miles east of Albany.

For more about the area, write Travel Information, Box B, Oregon Department of Transportation, Room 101, Highway Building, Salem, Oregon 97310. To get more details about the Carnival, contact the Albany Timber Carnival Association, Box 1540, Albany, Oregon 97321. (See page 156 for other timber carnivals.)

continued on page 156

Photographs: Lumberjack World Championships (top); Barry Anderson (below)

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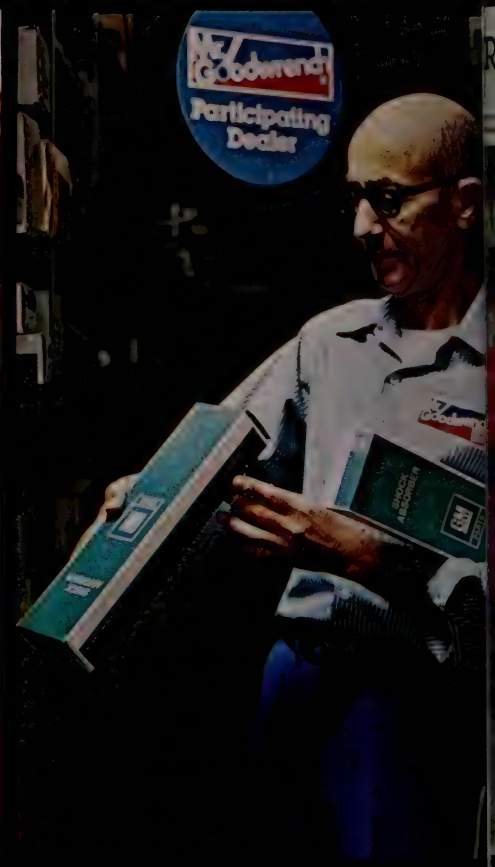
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continued

Best fairs and festivals

For details about any of the following fairs and festivals, contact the appropriate state tourism office (℅ the state capitol if you don't know the full address) or the local chamber of commerce.

Air fairs

June 23-24—California National Air Races, Mojave, California.

June 30-July 1—Pendleton Air Fair, Pendleton, Oregon.

Weekends July-October (Sundays only mid-May-June)—Old Rhinebeck Aerodome, Rhinebeck, New York.

July 20-22—International Air Fair, Everett, Washington.

July 21-22—Dayton Air Fair, Vandalia, Ohio.

July 21-22—Northwest Regional Experimental Aircraft Association Fly-In, Pasco, Washington.

August 25-26—Gathering of the Eagles, Chino, California.

August 31-September 3—National Air Show, Cleveland, Ohio.

September 12-16—National Championship Air Races, Reno, Nevada.

September 27-30—Experimental Aircraft Association National Fall Fly-In, Tullahoma, Tennessee.

October 4-7—Confederate Air Force Air Show, Harlingen, Texas.

Highland games

July 4—Round Hill Scottish Games, Stamford, Connecticut.

July 13-15—Highland Games and Clan Gathering, Portland, Oregon.

July 28—Virginia Scottish Games, Alexandria, Virginia.

July 28-29—Scottish Festival and Tattoo, Spokane, Washington.

September 1—Capital District Scottish Games, Latham, New York.

September 1-2—Scottish Gathering and Games, Santa Rosa, California.

September 8—Highland Games and Gathering, Ligonier, Pennsylvania.

September 15—Scottish Games and Gathering, Charleston, South Carolina.

October 6-7—MacDonald Highland Games, Red Springs, North Carolina.

October 20-21—Stone Mountain Scottish Festival and Highland Games, Atlanta, Georgia.

November 3-4—Gathering of Scottish Clans, Salado, Texas.

Seafood festivals

June 30—Salmon Barbecue, Fort Bragg, California.

July 14-16—Louisiana Oyster Festival, Galliano, Louisiana.

July 20-22—Yarmouth Clam Festival, Yarmouth, Maine.

July 27-29—Seafood Festival, Pass Christian, Mississippi.

August 2-5—Maine Seafoods Festival, Rockland, Maine.

August 4-5—Lafitte Seafood Festival, Lafitte, Louisiana.

August 15-19—Louisiana Shrimp Festival, Delcambre, Louisiana.

August 18—Milford Oyster Festival, Milford, Connecticut.

August 31-September 2—Annual Hard Crab Derby, Crisfield, Maryland.

August 31-September 3—Louisiana Shrimp and Petroleum Festival, Morgan City, Louisiana.

September 7-9—Maryland Seafood Festival, Annapolis, Maryland.

September 7-16—Neptune Festival, Virginia Beach, Virginia.

September 14-16—Seafood Festival, Pensacola, Florida.

October 19-21—Boggy Bayou Mullet Festival, Niceville, Florida.

October 20-21—Seafood Festival, Cedar Key, Florida.

October 27-28—Chesapeake Appreciation Days, Annapolis, Maryland.

November 3—Seafood Festival, Apalachicola, Florida.

November 3-4—Oyster Festival, Urbana, Virginia.

Renaissance festivals

Four weekends beginning June 2—Colorado Renaissance Festival, Castle Rock, Colorado (south of Denver).

Six weekends beginning June 30—King Richard's Faire, Kenosha, Wisconsin (at the Illinois-Wisconsin state line.)

Six weekends beginning July 28—Renaissance Festival of the Arts, Tuxedo, New York (Sterling Forest Gardens.)

Six weekends beginning in mid-August—The Renaissance Pleasure Faire, Novato, California (north of San Francisco).

Five weekends beginning September 23—Kansas City Renaissance Festival, Bonner Springs, Kansas (west of Kansas City).

Six weekends beginning September 29—Texas Renaissance Festival, Plantersville, Texas (north of Houston).

Agriculture fairs

August 9-19—Illinois State Fair, Springfield, Illinois.

August 9-19—Wisconsin State Fair, Milwaukee, Wisconsin.

August 16-26—Indiana State Fair, Indianapolis, Indiana.

August 16-26—Iowa State Fair, Des Moines, Iowa.

August 17-September 4—California State Fair and Exposition, Sacramento, California.

August 23-September 3—Minnesota State Fair, St. Paul, Minnesota.

August 25-September 3—New York State Fair, Syracuse, New York.

September 12-23—Eastern States Exposition, Springfield, Massachusetts.

September 12-23—New Mexico State Fair, Albuquerque, New Mexico.

September 14-30—Los Angeles County Fair, Pomona, California.

September 21-30—Oklahoma State Fair, Oklahoma City, Oklahoma.

October 5-21—Texas State Fair, Dallas, Texas.

Timber carnivals

June 30-July 4—National Forest Festival, Manistee, Michigan.

June 30-July 4—Loggerodeo, Sedro Woolley, Washington.

July 5-15—Lumberjack Days, Cloquet, Minnesota.

July 27-29—Lumberjack World Championships, Cable, Wisconsin.

August 1-5—Lumberjack Days, Stillwater, Minnesota.

August 2-5—Paul Bunyan Festival, Oscoda, Michigan.

August 3-4—Woodsmen's Carnival, Galeton, Pennsylvania.

August 11-12—Loggers' Jubilee, Morton, Washington.

August 17-19—State Woodsmen's Field Days, Booneville, New York.

September 9—Redwood Logging Olympics, San Francisco, California.

October 3-7—Mountain State Forest Festival, Elkins, West Virginia.

October 5-7—Paul Bunyan Show, Nelsonville, Ohio.

October 26-27—Florida Forest Festival, Perry, Florida.


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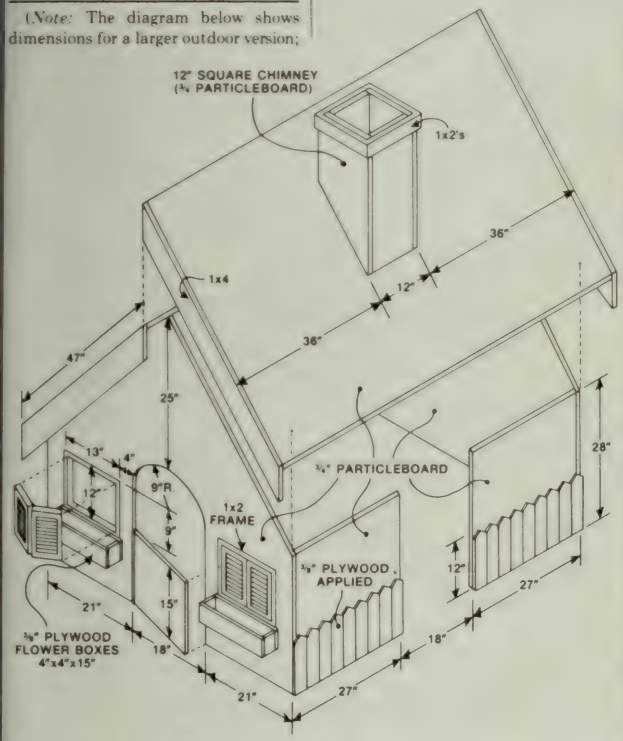
begins on page 83

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35. QUILTED PLAYHOUSE, page 83

To order Project Plan No. 50388 for Quilted Playhouse, see page 134.

(*Note:* The diagram below shows dimensions for a larger outdoor version; the photo on page 83 shows the same house padded for indoor use. These instructions include both versions.)



For outdoors, draw house pieces on ¾-inch exterior plywood (see diagram, *above*). Cut doors, windows, and other details. Construct a 12-inch-square chimney, cut a square in the roof piece, then screw the chimney above the opening. Glue and screw uprights together; add roof and gable. Cut the fence from ¾-inch plywood and attach to house. Frame windows with 1x2s; add a half-door on hinges and plywood flower boxes. Finish exposed edges and apply exterior paint.

For indoors, make adjustments so that the house will disassemble. When building walls, attach the long continuous side with screws and angle irons so that you can unscrew the wall from the gabled ends. Attach roof pieces with angle irons.

To finish, glue quilt batt to outer walls; cover with calico. For shingles, draw an 8x10-inch rectangle with rounded corners for a pattern. Sandwich quilt batt between a calico shingle front and a piece of mosquito netting for shingle back. Stitch layers together.

Make enough shingles to cover roof. Staple them in place according to the photo on page 83. Make fence, door, and window boxes from plywood and chimney trim from 1x2 lumber. Paint exposed wood trim.

continued

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40. FIRE TRUCK GRAPHIC, page 85

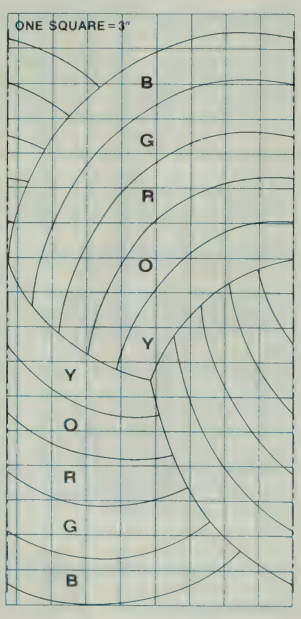
To order a free scaled pattern of the Fire Truck Wall Graphic, see page 134.

42. SUPER SOFT RUG OR WALL HANGING, page 86

To order printed fabric shown for rug, see page 134. For additional information, see Buying Guide, page 49.

(Finished size is 42x80 inches.)

Round the fabric corners to create a braid shape; cut away white background, leaving ½-inch seam allowances. Cut backing fabric to match.



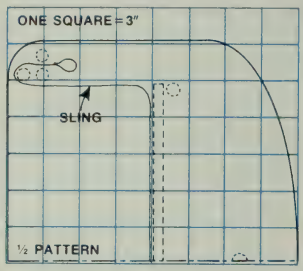
Position top and backing fabric, right sides facing. Place three layers of quilt batt atop backing. Stitch all layers together around three sides, following the curve in the outer band. Trim seams, turn, and slip-stitch the opening closed. Baste layers together; quilt mat by stitching between bands.

To make a mat with colored fabrics, enlarge the pattern, *left*; cut arcs into individual patterns. Cut arcs from cotton fabrics (add seam allowances). Turn under seam allowances; machine-appliqué to a muslin background. Assemble as *above.*

45. CONTEMPORARY CRADLE, page 87

(Finished size is 36x24x18 inches.)

Enlarge the half-pattern, *below,* and



reverse it to form a full-size pattern. Transfer it to ¾-inch plywood; cut out two shapes. Cut a 18x30-inch piece of ¾-inch plywood for mattress support; cut 11, 19½-inch pieces of 1-inch wood dowels. Clamp sides together, mark positions of dowels, and drill a 1-inch hole at each position.

Unclamp sides; glue nine dowels in place. Glue and nail mattress support.

Upholster a 27x18x4-inch foam mattress pad. For sling, finish the edges of an 18-inch-wide length of fabric. Position in cradle as shown. Fold ends under at each sling end; insert remaining dowels in casings to hold in place.

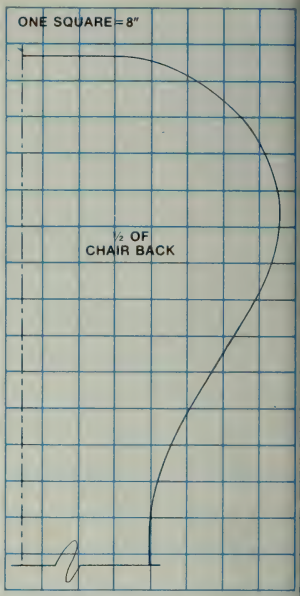
49. SCANDINAVIAN SIDE CHAIR, page 88

(Finished size is 36 inches high.)

Cut two 7x36-inch pieces of ¾-inch hardwood for the back. Enlarge pattern, *right,* for the rounded top; transfer to one of the uprights. Cut shape with a jigsaw; repeat for other upright.

Cut five 3-inch-long, ⅜-inch wood dowels. Mark position for three dowels at top, spaced 1 inch apart and 1 inch below chair top. Mark position for two dowels at bottom, spaced 1 inch apart and 1½ inches from bottom. Drill 1-inch-deep holes in edges of uprights; glue dowels in place. Clamp until dry.

Cut two 7x16¾-inch hardwood pieces for front legs. To mark lumber, lay the



two pieces side by side. Draw 2-inch-wide legs along the outer edges extending up from bottom 10¼ inches. Draw a 4-inch-radius circle tangent to this line to form a cutout arch at top of each leg piece. Arch should fall 2½ inches below the tops of leg pieces. Cut leg pieces with a jigsaw. Join leg pieces with 1½-inch-wide lap joints and two ¾-inch doweled joints. Cut two 2x16¾-inch strips; glue and nail to the back of each front leg for strength.

For 16x18-inch seat, cut hardwood pieces, and splice with ¾-inch doweled joints. Round front and rear corners.

To assemble chair, cut an 8x14¼-inch hardwood strip, and two 8-inch-wide wood braces. Secure braces to bottom of hardwood strip; position strip under seat. Secure strip flush to the rear seat edge. Secure front leg assembly and chair back assembly to the hardwood strip and braces.

Conceal seat bracing with two 2½-inch-wide hardwood strips. Angle-cut the ends. Position so they are flush to outer rear edges of front legs, and flush to inner front edges of back legs.

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Position the 1x8 front base support beneath seat and between base pieces; glue and nail support in place. Screw back base support to cleats at rear of base.

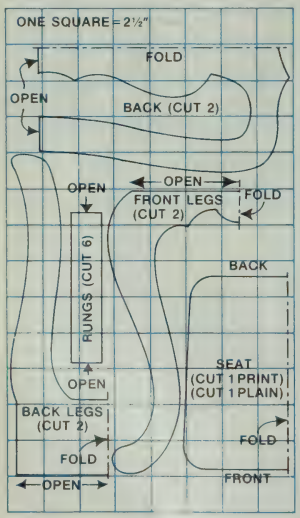
Along top edge of back uprights, position four 1x4s for back; glue and nail in place. Attach back assembly with glue and dowel joints.

Finish with polyurethane varnish; upholster cushions for seat and back.

55. SOFT-SCULPTURE FURNITURE, page 89

(Finished size is 36 inches high.)

Enlarge chair patterns, *below;* cut pieces from 2⅓ yards of solid-color fabric. Cut two 15x16-inch rectangles for chair seat. Stitch fronts to backs of all pieces (except chair seat), leaving ends open as indicated. Clip seams, turn to right side, press, and stuff with fiberfill.



For seat, cut a 3-inch boxing strip long enough to go around seat cushion. Stitch covered cording to cushion top; sew top and bottom of seat to boxing around three sides. Turn and stuff seat; slip-stitch closed.

Slip-stitch front and back legs to seat; slip-stitch rungs to legs (see photo, page 89). Slip-stitch chair back to seat. Add thread loops or plastic rings to chair back for hanging.

58. CHILD'S FLIP CHAIR, page 89

(Finished size is 36 inches high.)

Cut the frame from 3-inch-wide, ⅝-inch lumber. Cut two 36-inch uprights and two 51-inch base pieces. Using half-lap joints, glue and screw uprights to base pieces.

Measure distance from top of uprights to opposite end of base (to form a triangle); cut two lengths from ⅝-inch lumber. Angle-cut ends to form points. Secure to the uprights and bases with half-lap joints. File sharp edges.

From 2-inch-wide, ⅝-inch lumber, cut eight 20½-inch cross braces. Mark uprights for three evenly spaced braces; mark base for five braces. Drill a 1-inch hole 12 inches from the point (along the sloping edge of the frame pieces) to receive wood dowels. Cut rectangles in the frame to receive cross braces; glue and screw braces and dowels in place. Sand frame and paint with high-gloss enamel.

Cut a 16-inch-wide fabric sling. Fold sling ends around dowels and sew securely.

60. PORTRAIT SHOWER CURTAIN, page 90

(Finished size is 72x72 inches.)

Project a family slide onto a wall covered with paper that's the size of the finished curtain.

Draw the outlines onto the paper. This is the master pattern. Transfer to tissue paper and cut the tissue paper shapes apart.

Cut the pieces from various fabrics *without* adding seam allowances. Fit pieces together like a jigsaw puzzle. Pin them in place onto a bedsheet hemmed to the finished size. Machine zigzag stitch the fabric to the sheet. Machine- or hand-embroider facial details. Using a plastic curtain liner as a guide, position grommets across top edge.

61. SECRETARY BIRD DESK, page 91

(Finished size is 72 inches wide, 52 inches tall.)

Enlarge bird body patterns, page 170; transfer to sheets of ¾-inch plywood. Cut pieces with a jigsaw. Edge each piece with a router.

Cut notches as indicated; assemble according to the photo on page 91. Glue and nail together; sand unit smooth, paint.

62. CIRCLE SHELVES, page 91

(Finished size is 60 inches.)

To make a master pattern, draw a 60-inch line on paper, mark the midpoint, and draw a 32-inch line perpendicular to this midpoint. The point at the end of perpendicular line is the radius of arcs. From this point, draw both a 43¼-inch-radius arc and a 40-inch-radius arc.

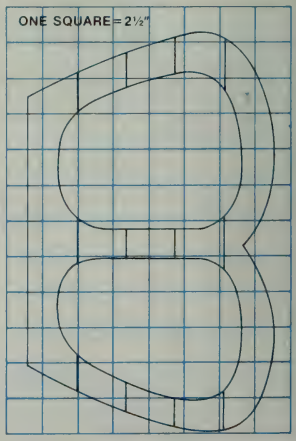
Transfer patterns to ½-inch plywood; cut four arcs of each size. Large arcs form two center uprights and two center shelves. Small arcs form outer uprights and top and bottom shelves.

Mark larger arc pieces into fifths; cut four ½-inch-wide notches that are half the arc depth. Cut notches from backs of uprights and from fronts of shelves. For smaller arcs, space similar notches to align with larger arcs. Notch unit together; glue and nail. Paint with enamel.

63. BUTTERFLY HEADBOARD, page 91

(Finished size is 36 inches across.)

Enlarge half-pattern, *below,* and reverse it to create two sides of butterfly.



continued on page 170

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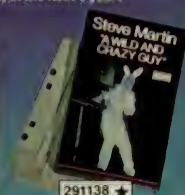
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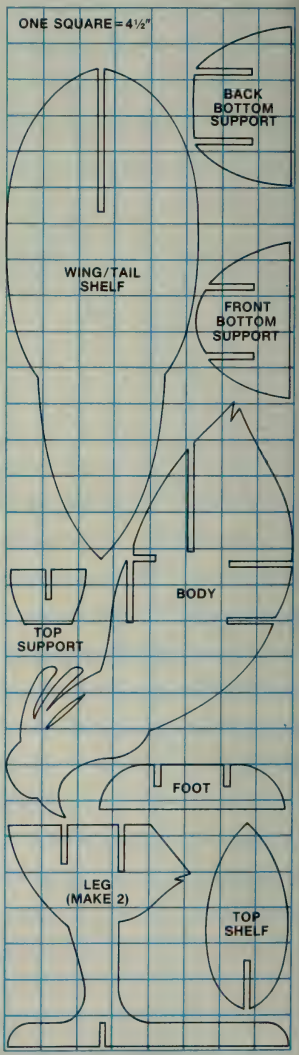
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continued from page 164

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SECRETARY BIRD DESK



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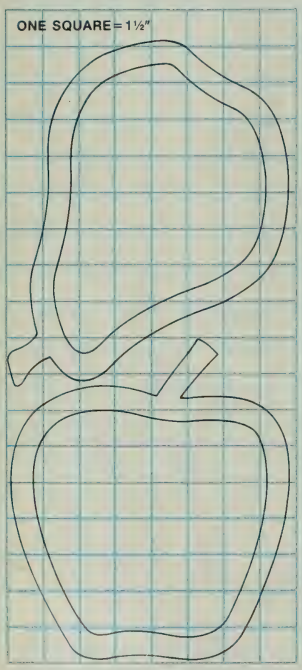
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Align 3½-inch-wide lengths of any contrasting woods. Secure with glue and corrugated wood fasteners. Clamp until dry.

Transfer pattern to lumber and cut shape. Reverse pattern and cut other wing. Cut four "dots" from ¾-inch pine; secure to wings. Cut a 31-inch-long body from 1x3 pine. Hinge wings to body and varnish.



64. GLASS-TOPPED COFFEE TABLE, page 91

(Finished size is 30x42x15 inches.)

From ¾-inch oak plywood, cut a 26x38-inch base, two 24x13-inch supports, and one 36x13-inch support. Cut two 38-inch and three 23-inch furring strips from 1x2 lumber. Using butt joints, glue and nail strips to match base; center one strip across width. (Strips should lie with widest edge parallel to floor.) Glue and nail furring strips to underside of plywood base. Attach pieces of 1x2 strip around base with mitered corners.

In 36x13-inch support, cut two notches evenly spaced across its width. Cut the ¾x6½-inch notches from the bottom edge. From top edge of 24x13-inch supports, center and cut a similar notch. Finish edges with veneer tape. Notch and glue supports; nail to base. Finish and top with a 30x42-inch piece of ⅜-inch glass.

65. FRUIT-SHAPED WOOD BOWLS, page 91

(Finished size is 11 inches across.)

Enlarge fruit patterns, *left*, and transfer them to both 2-inch and ¾-inch pine. Using a band saw, cut outside shapes from both thicknesses. Cut just the inside shapes from the thicker piece with a saber saw; sand inside surfaces. Glue and nail pieces together; sand when dry.

66. CONTEMPORARY DROP-LEAF TABLE, page 92

(Finished diameter is 42 inches.)

From ¾-inch plywood, mark a 42-inch-diameter circle for top. From the center, mark and cut a 12-inch-wide strip to form stationary top and two drop leaves. Cut circle top. Finish edges with veneer tape; hinge leaves to center strip.

For base, cut two 8x29-inch pine uprights and two 12x6-inch pieces from 1-inch material. Glue and nail uprights and pieces together. From 1x3 pine, build a 27½x22-inch center support; secure to uprights. Glue and nail center tabletop section to base.

For drop-leaf supports, build two 12x22-inch frames, with one side extending down 7 inches to form a "leg." Hinge frames to center supports at alternate ends and on each side. Attach small blocks on underside of leaves so top remains level when leaves are extended.

71. ROLL-UP-BLIND LAMP, page 93

(Finished size is 15 inches square.)

To build 15-inch bottom frame, set 1-inch-wide strips of ⅜-inch plywood on edge; glue and nail together. Cut a 3-inch square wood block from ¾-inch plywood for top support. Drill a ⅜-inch hole in center of block.

Draw shade pattern on paper by centering a 15x2½-inch rectangle 9 inches below a 3x1-inch rectangle. Draw a line between bottom corners of small rectangle and top corners of large rectangle. Transfer this pattern to blind; cut four shade pieces. Knot supporting strings; glue.

Glue top edges of shade pieces to wood block; secure with tiny nails. Glue and secure bottom edge to plywood frame. Attach hanging socket.

76. TALK-BACK FLIP CUSHIONS, page 94

To order free sewing instructions for the Talk-Back Flip Cushions, see page 134.

77. STORE-IT-ALL DINING TABLE, page 95

(Finished size is 30x50 inches.)

Cut four 29¼-inch legs from 4x4s. If needed, make cuts along surface edge to remove imperfections. Then cut a 30x50-inch top from ¾-inch plywood.

Plan the number of 5-inch-high, 8-inch-deep boxes for each side; cut vertical dividers from ½-inch plywood. Begin with end boxes by nailing a divider to the inside of the top of two opposing legs. Cut an 8-inch-wide bottom to span the space between the legs; attach the piece to bottom of dividers. Space more dividers across table end and secure. Back boxes with ⅛-inch hardboard. Repeat for box at other end.

For sides, cut a bottom piece to fit between ends and space vertical dividers along its length. Back with hardboard. Fill voids at ends of table with scraps of ½-inch plywood.

Attach tabletop to base; enamel.

80. TUCK-AWAY DESK, page 95

Remove the top of an unfinished or used chest of drawers. From ¾-inch plywood, cut a replacement top. (Our top measures 25½x13 inches; measurements following are based on this size.) Cut a ½-inch-deep, 1½-inch-wide dado. Rip two 2x2s to ½ inch thick to lie in these grooves. Cut a 1x1 that's equal to the width of the new top. Glue and nail the 1x1 to the ends of the ripped 1x2s so all lumber is flush with the new top. (The 1x2s will pull out along the two tracks to support a writing surface.)

Cut another plywood desk surface;

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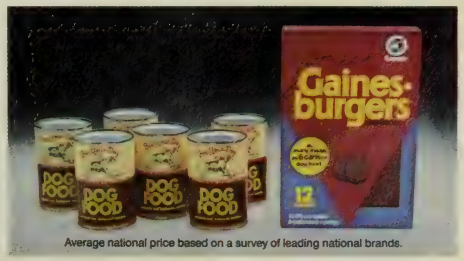
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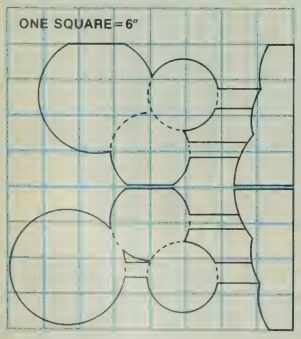
glue and nail the piece atop first plywood top. Secure both layers to chest top.

Cut two 9-inch-high triangular sides: 12¾ inches at the bottom, 3¾ inches at the top. Cut a back from ½-inch plywood. Glue and nail back and sides; attach to desk. Cut a 25¼x12-inch plywood piece for fold-down surface; hinge to desk. Cut a top piece that is beveled to fit against the hinged piece when it is folded upright. Add pigeonholes cut from ¼-inch plywood. Paint desk. Cover drawer fronts with wrapping paper.

81. ROOM-DIVIDING ORCHARD SCREEN, page 95

(Finished size is 48 inches high.)

Cut a sheet of ¾-inch plywood in fourths laterally to create four equal (approximately 24x48-inch) panels. (Be sure to allow for saw cuts when measuring and cutting panels.) Enlarge pattern, *below*, and transfer to two of the plywood sheets. Cut shapes with a jigsaw. Using one panel as a pattern, cut the other two panels to form mirror images of the first two.

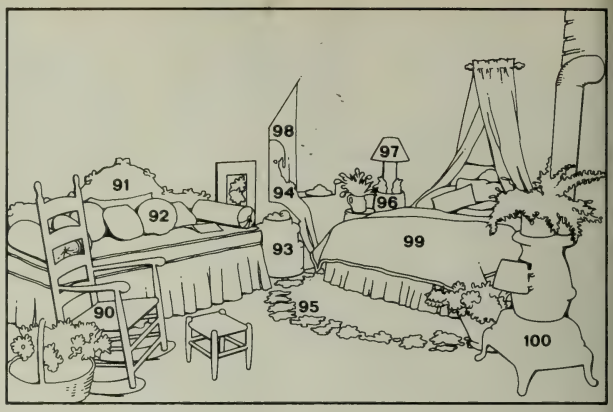


Paint the treetops either light, medium, or dark green. Paint the trunks gray-brown and the ground medium green. Hinge panels together. Cut fruit shapes from self-adhesive plastic; apply to trees.

90. CORD CHAIR SEAT, page 98

Although the chair and footstool shown are assembled from kits (see Buying Guide, page 49), use any sturdy chair designed for a rush seat.

Using directions included with the kit, or from your local public library, weave the chair seat with purchased macrame cord. Or substitute nylon or hemp rope, jute, or any sturdy fiber.



91. DREAMY DAYBED, page 98

To order free sewing instructions for the daybed, quilt, dust ruffle, and headboard swag, see page 134.

92. LACY PILLOWS, page 98

Following package directions, dye the crocheted, knitted, tatted, or machine-made doilies as desired. (Shop for them in thrift stores or at garage sales.) Cover a purchased pillow form with fabric, inserting a zipper in one edge, if desired. Slip-stitch the doily to the cover with matching thread.

93. CHEESE BOX "CAKE," page 98

Collect three wooden cheese boxes that are 20, 17, and 11 inches in diameter. Paint the boxes white. Purchase a cake decorating kit and a supply of plastic sculpture compound (see Buying Guide, page 49). Practice making "frosting" designs on a waxed paper surface.

Cheese box "cake" designs are created with writing, star, leaf, and rose applicator tops. Fill applicator bag with compound, squeeze out motifs onto waxed paper, and allow to harden. Paint the decorations with acrylics. Apply motifs with white glue. Accent the design with "flowers." For top, cut a polystyrene ball in half and apply painted motifs, then glue to lid of smallest box.

94. EMBROIDERED DOLL, page 98

(Finished size is 60 inches high.)

Make a brown paper pattern: the head is a 15x10-inch rectangle centered above a 6x3-inch neck. Round the corners to shape the head. The body is a 18x22-inch rectangle; slope the shoulders on one short end.

Trace around your fingers to make a hand pattern; extend the arm to 33 inches. Taper the arm from 5 inches wide at the shoulder to 4½ inches wide at the wrist. Sketch a foot and extend the leg to 44 inches, tapering it from 6 inches at the hip to 5 inches at the ankle.

Add ½-inch seam allowances; cut arm and leg pieces from medium-weight cotton. Stitch pieces together, turn, and stuff with fiberfill. Stitch toes; machine-stitch "joints" at knees and elbows.

Appliqué doilies to knees; embellish with beads or embroidery. (See Stitch Guide, page 177.) Slip lacy fingerless gloves over hands and tack in place. "Tattoo" one arm with a richly beaded heart; embroider a heartfelt saying around it.

Cut the head and body from a yard of cotton; cut duplicate shapes from sheer white organdy. Before assembling head and body, add shadow-

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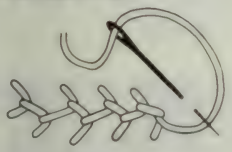
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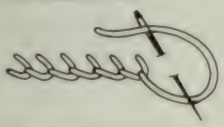
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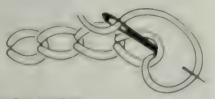
BACKSTITCH



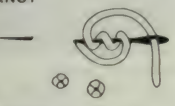
BUTTONHOLE STITCH



CHAIN STITCH



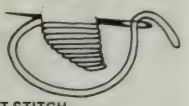
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OUTLINE STITCH



SATIN STITCH



STRAIGHT STITCH



applique felt features to the face and sayings to body front and back between layers of cotton and organdy. For the eyes, tack antiques or other interesting buttons to face.

Stitch head front to back, leaving neck open. Stitch body front to back, leaving openings at neck, shoulders, and hips for head, arm, and legs. Turn body to right side. Tuck arms and legs into openings, stitch closed, and stuff. Turn head to right side, stuff. Insert 12-inch dowel in the head, and then in body. Sew head to body. Tack fabric strip or ribbon "hair" to head.

95. STENCILED "RUG", page 98

Enlarge the flower pattern, *right;* transfer each color to be stenciled to a sheet of stencil paper (available at art supply stores). Cut the shapes with a razor blade or utility knife, preparing a separate stencil for each flower motif, leaf, and flower center.

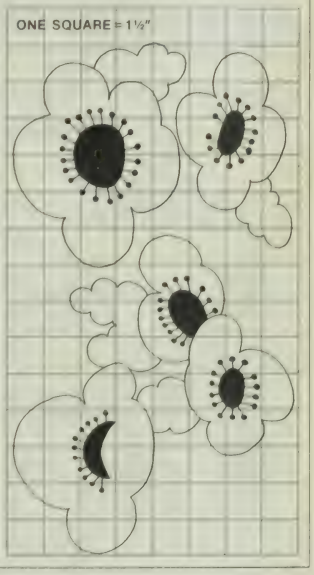
Draw an oval shape lightly on floor; position first flower motif. Begin with one color and tape its stencil to the floor. Using a stencil brush or small sponge, apply the paint. Remove stencil, reposition it, and repeat. Adjust position of stencils so that flower motifs form a graceful curve. For best results, apply all motifs in one color before going on to next color. Allow paint to dry at least 24 hours before applying a stencil atop another. Cover entire floor with coats of clear polyurethane varnish for protection.

98. DOILY INSET CURTAIN, page 98

Make or buy a sheer fabric curtain and collect several doilies to fit along hem. Measure the doily with the widest diameter and shorten the curtain by half this measurement. Position doilies on the right side of the curtain so the bottom halves hang below the hem. Machine-stitch around perimeters. Clip away fabric behind the doilies, taking care not to clip into the doilies.

99. BED TREATMENT, page 99

To order free sewing instructions for the quilt, dust ruffle, headboard swag, and daybed, see page 134.



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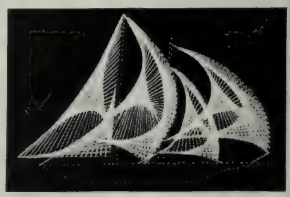
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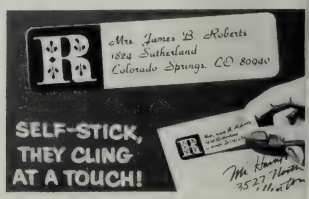
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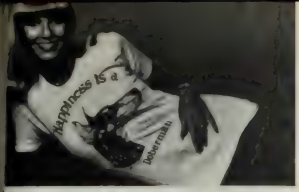
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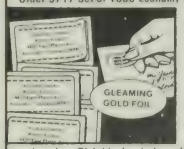
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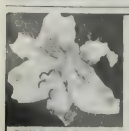


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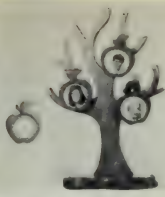
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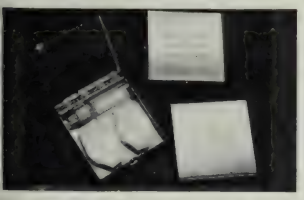
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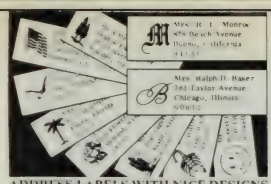
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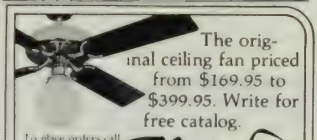
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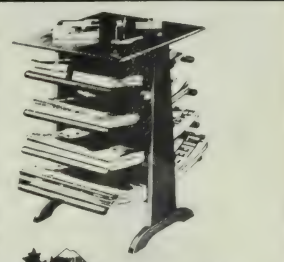
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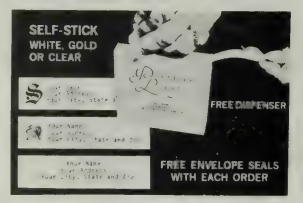
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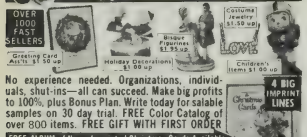
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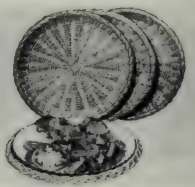
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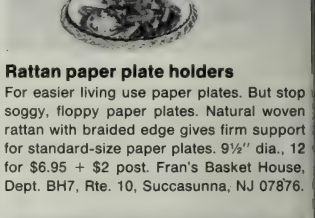
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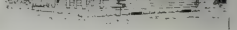
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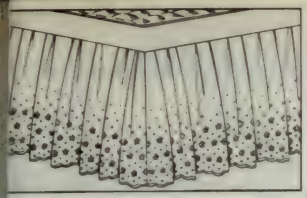
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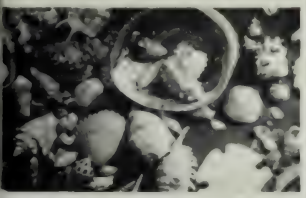
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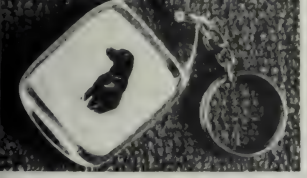
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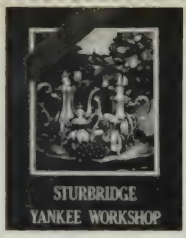
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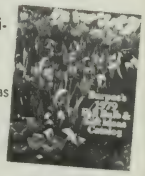
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For your free Burpee Catalog mail coupon below today. Burpee's Garden Party Drawing ends Dec. 31, 1979. Void where prohibited by law.

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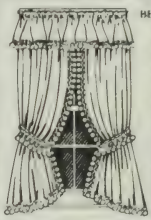
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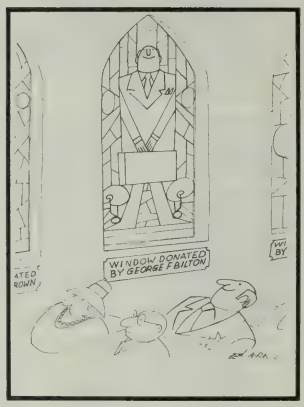
For years, Aunt Opal complained about the fistfuls of junk mail delivered to her door. But now that higher postage rates have helped reduce the volume, she worries that no one is interested in her anymore.

Some people distinguish the seasons by the way Mother Nature changes her appearance. However, Lee Bayless claims he knows summer has arrived when his next door neighbor brings back the snow shovel and borrows the lawn mower.

One of the quirks of today's economy is that you can finance a $60,000 house with a $45,000 first mortgage, a $10,000 second mortgage and a $5,000 loan from the family—and then brag around town that you're a homeowner.

Our Rosemary, who has returned from college for the summer, says that people on campus are so intent on conducting meaningful dialogues that "it's a pleasure to come home and just talk!"

Burt, Jr., whose summer jobs include tending the lawn, is intrigued by the theory that talking to plants may make them grow. Now, he's diligently researching a corollary theory that would provide a way to talk the grass out of it when it becomes a nuisance.



Isabel Norman isn't telling how old she was on her recent birthday, but husband Bill did confide that there were enough candles on her cake to trigger the smoke detector alarm he had installed in the hallway just off the dining room.

Christine bought a little gadget at a recent antique show that no one—including the dealer who sold it to her—has been able to identify. That might bother some collectors, but she just cites it as evidence that the item must be rare.



"I warned you never to feed strays!"

Last weekend's noisy thunderstorm was welcomed by Ned Carter, who said he would have hated to waste one of his best grumpy moods on a sunny day.

One of the distinctions between a friend and an enemy, according to Uncle Dodd Buckner, is that you can argue with the former but only quarrel with the latter.

The rising costs of entertainment prompted Christine to suggest at a party last fall that square dancing would be an inexpensive pastime for fun and exercise.

Some of our friends agreed, and for nearly a year our congenial group has mastered such calls as the promenade, grand square, and allemande. But what began as a low-budget diversion escalated in price as our square dancing skills grew. First, the entrance fee of $3.50 per couple added up to $140 for 40 weekly sessions. The bill for refreshments on the night we hosted the group totaled $20, and two identification badges took another $6.

The first few weeks of lessons convinced Christine that square dancing outfits ($65 for the two of us) were a necessity. And after our matching red-checked garb elicited glowing compliments, we were owners of a second set of costumes at $65 more.

There were several trips to nearby square dancing events and other odds and ends as well. The final tab for nearly a year's "bargain" entertainment: about $500.

I reminded Christine the other evening that our runaway enthusiasm had made us lose sight of our initial goal of containing entertainment costs.

Her response was that she couldn't recall any activity that had provided so much enjoyment, and it was worth every penny it cost. I have to agree. But before we undertake any more inflation-fighting initiatives, I'm going to scrutinize carefully their long-term economic impact on the Hillis household budget.

Burton Hillis

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Better Homes Gardens.



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Five great projects from stuffed bears to rugs

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Carlton is lowest.

Box or Menthol:

10 Carlton have less tar than 1:

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Marlboro Lights		12	0.8
Merit		8	0.6
Salem Lights		10	0.8
Vantage		11	0.8
Winston Lights		13	0.9
Carlton Soft Pack		**1**	**0.1**
Carlton Menthol	**less than 1**		**0.1**
Carlton Box	**less than 0.5**		**0.05**

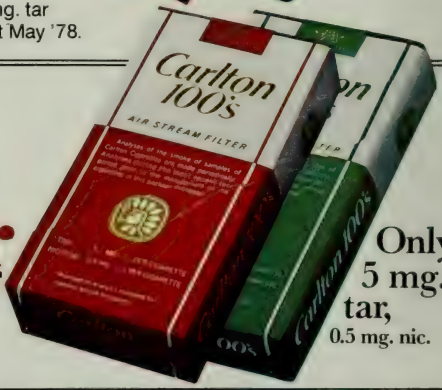


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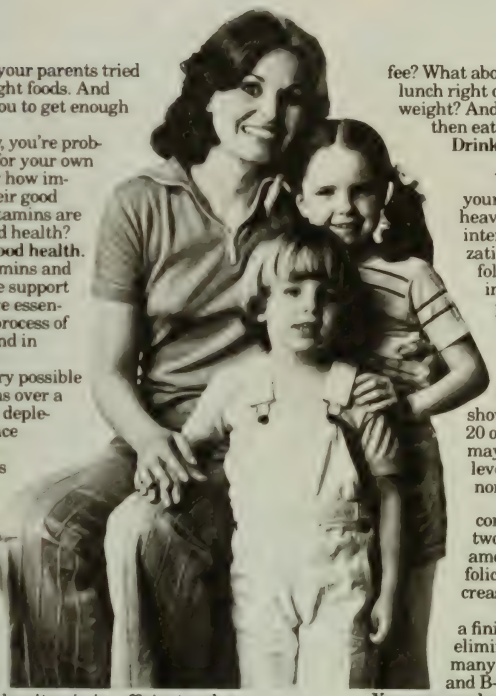


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Why do so many parents make sure their kids get enough vitamins but forget about themselves?



When you were a kid, your parents tried to make sure you ate the right foods. And your parents also wanted you to get enough vitamins, everyday.

If you are a parent now, you're probably doing the same thing for your own children, because you know how important vitamins are for their good health. But do you know vitamins are also important for your good health?

Vitamins are essential to good health.

The body requires vitamins and minerals to maintain its life support systems. These nutrients are essential elements in the body's process of converting food to energy and in building body tissues.

Facts prove that it's very possible to come up short on vitamins over a period of time with gradual depletion of body stores. Then, once levels are significantly depleted, noticeable symptoms can result. You can lose your appetite and then body weight. Often increased irritableness, sleeplessness or drowsiness occur. Lowering of vitamin levels over extended periods can change your body's chemistry and, in turn, lt in abnormal abolism. This can affect performance. You may be vitamin insufficient and even know it.

Take a hard look at your own eating habits.

If you believe that your diet is nutritionally bald, you might be wrong. The U.S. Health and Nutri- Survey states that over half of all U.S. households of have nutritionally balanced diets. Another study ed that vitamin deficiencies were not limited to age ncome. More than one-third of all Americans with mes of $10,000 or more had diets below the recomded daily allowance (U.S.R.D.A) for one or more rients. When you examine your own diet, consider breakfast. Did you skip it or just have a cup of coffee? What about lunch? Too busy to eat lunch right or are you watching your weight? And by dinner time, do you then eat the proper foods?

Drinking? Smoking? The Pill? Dieting?

You may also be robbing your body of vitamins by heavy drinking. Alcohol may interfere with the body's utilization of vitamins B_1, B_6, and folic acid. And heavy drinking is frequently accompanied by poor eating habits, further reducing vitamin intake.

If you smoke, the odds are your vitamin C level is being depressed. Studies show that people who smoke 20 or more cigarettes a day may have vitamin C blood levels up to 30% lower than non-smokers.

And if you take birth control pills, you may need two to ten times the normal amount of vitamin B_6, and folic acid requirements increase, also.

If you're dieting or if you're a finicky eater, you may be eliminating foods that contain many vitamins including C, E, and B-complex.

You may need extra vitamins. Know how to get them.

There are a variety of ways to make sure you get enough vitamins. First, eat a balanced diet. Today, many foods are vitamin enriched and fortified, so look at the nutritional labels of the foods you buy.

Just to be sure, you can take vitamin supplements daily. There are a number of different formulations including multiple vitamins and B-complex with C. Since vitamins are essential for good health, isn't it worth a few cents a day to protect yourself?

Vitamin Information Service, Hoffmann-La Roche Inc., Nutley, New Jersey 07110.

ROCHE

RCD 1937

Homes and Gardens (ISSN-0006-0151) is published monthly at $10.00 per year by Meredith Corp., Locust at 17th, Des Moines, Iowa 50336. Second class postage paid at Des Moines, Iowa and at additional mailing offices. August 1979, Volume 57, Number 8. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, Iowa 50336.



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Even most restaurants can't offer you the variety that Stouffer's does.

With more than 30 different entrees, Stouffer's probably has just what you're in the mood to eat.

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Since 1940, Roy Hertel had always used paint on his house. So, when we asked if we could stain it, he was a little skeptical.

"My wife said, 'I don't think we should get into this,' but Olympic assured me they'd paint it back to white if we didn't like it.

"It turned out beautiful. We love it and so do the neighbors.

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- 6 pork loin chops, cut ¾-inch to 1-inch thick
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- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ cup ReaLemon® Reconstituted Lemon Juice
- ¼ cup Sue Bee® Clover Honey
- ¼ cup chopped onion
- 1 tablespoon soy sauce
- 1 teaspoon beef-flavor instant bouillon
- 1 (20-ounce) can pineapple chunks in heavy syrup, well drained, reserving syrup
- 3 tablespoons cornstarch
- 1 cup thinly sliced carrots
- 6 green pepper rings

In large skillet, brown chops in shortening. Spray a shallow 3-quart baking pan with PAM Vegetable Cooking Spray. Remove chops to baking pan; season with salt and pepper. Add carrots. In saucepan, combine ReaLemon,® honey, onion, soy sauce, bouillon and half the pineapple syrup. In small bowl, mix remaining pineapple syrup and cornstarch until smooth; stir into ReaLemon® mixture. Cook, stirring, until thickened; pour over chops. Cover; bake in 350°oven 50 to 60 minutes or until tender. Add pineapple chunks; top each chop with a pepper ring. Bake, covered, 10 minutes longer. Refrigerate leftovers.

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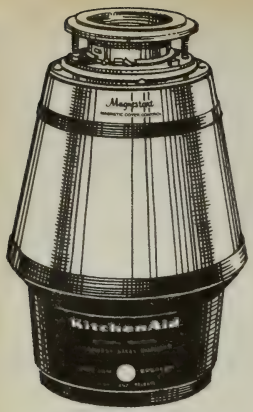
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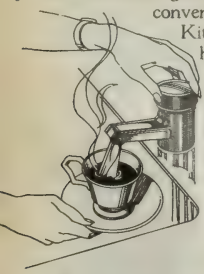
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The fact is, if you compare a KitchenAid disposer with other makes, you'll find that the KitchenAid comes out ahead.

To help convince you, we'll send you a chart so you can make your own point-by-point comparison.

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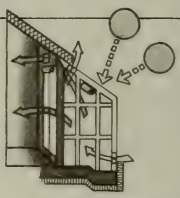
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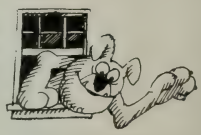
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GM's New Front-Wheel-Drive Cars

Designed for durability. With everything you see in color to help make them last.



The new front-wheel-drive Chevrolet Citation, Pontiac Phoenix, Oldsmobile Omega and Buick Skylark have a mission. They're designed to fight rust tooth and nail so they'll last and look good for a long, long time.

Take a look at our diagram. Everything you see in color represents an area that has been protected by one or more corrosion-resisting treatments. All metal surfaces, including the light blue, have received a durable prime coat.

In addition, the red and orange areas are special metals like galvanized steel (one or both sides) or Zincrometal.®

The dark blues represent special sealers and waxes to help keep moisture away from sensitive metal areas.

The greens are additional primers rich in rust-inhibiting zinc.

And yellow represents plastisol materials designed to help protect exposed painted surfaces against stone damage.

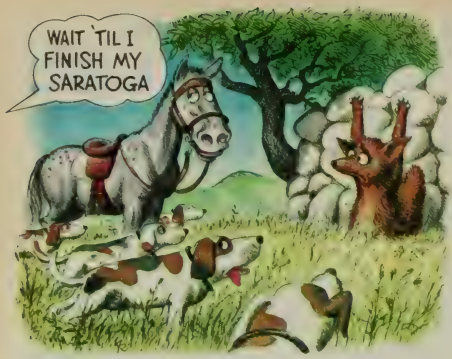
What's more, these new cars use a larger proportion of galvanized steel than any other GM car. And in areas that are particularly vulnerable to corrosion, we even protect the galvanized. A quick glance at the cutaway diagram of a typical door will show you just how much goes into it to fight rust.

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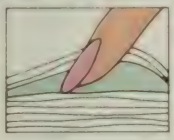

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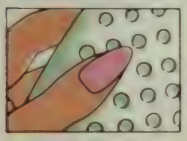
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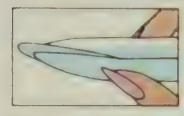
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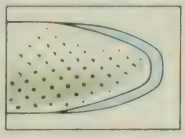
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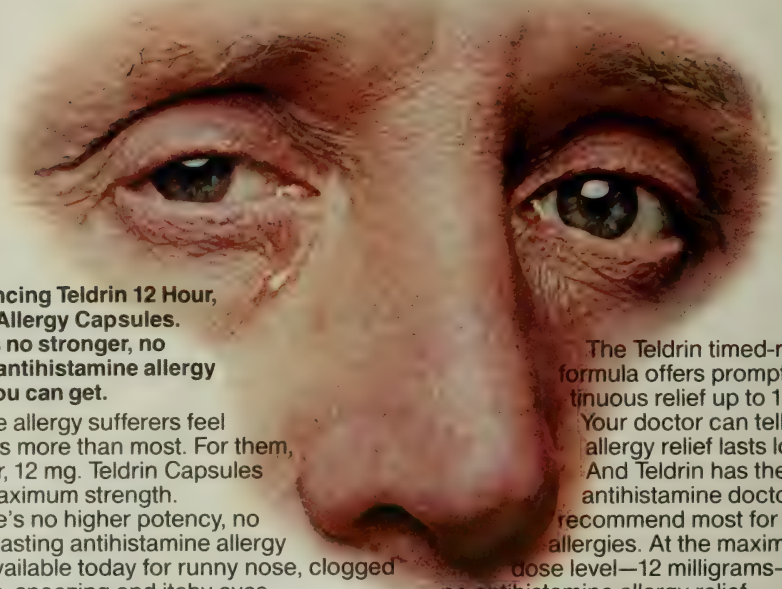




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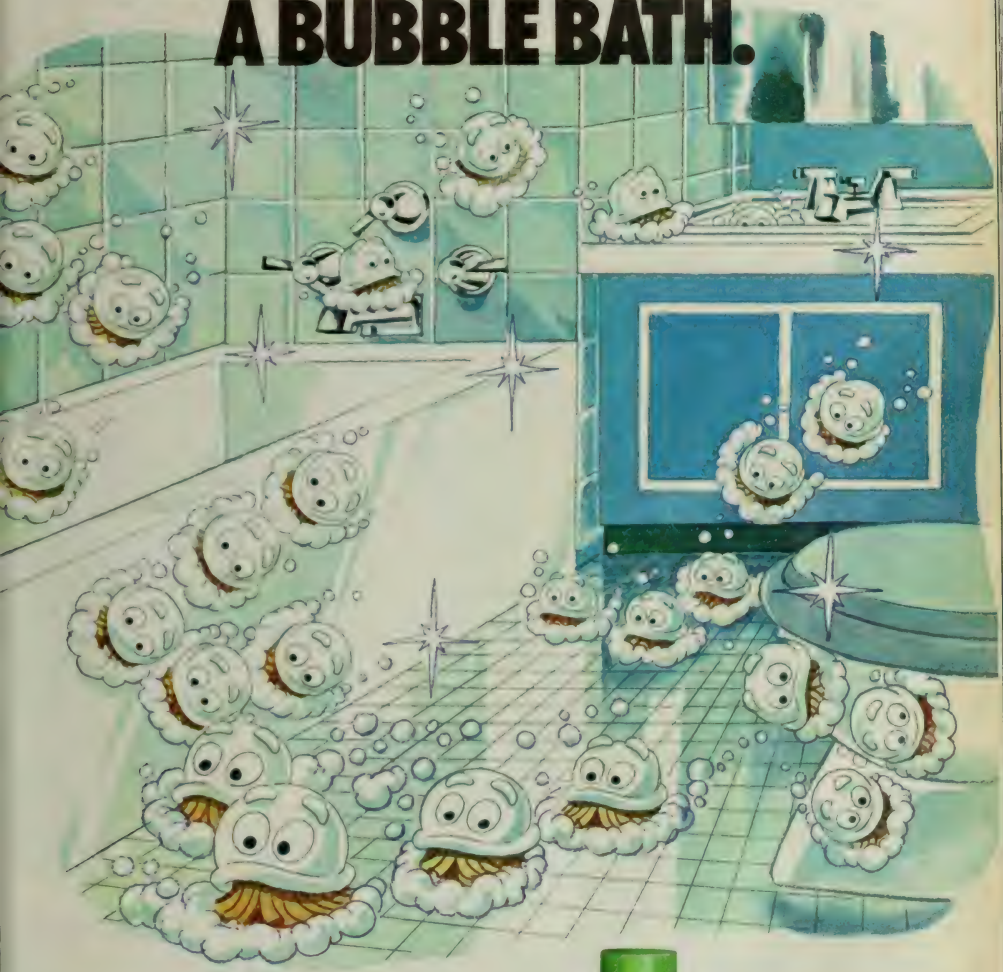


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Margaret Daly

Smart strategies for selling your house



Like most families planning a move, you probably want to sell your present home quickly. You may need the cash as a down payment for your next home. Or maybe you want to expedite the sale so you can focus your energies on the new home rather than hassling with the old one. Whether you use a real estate agent or decide to market the house yourself, the following advice may help you speed up the sale process without sacrificing a fair price.

Resolve from the start to keep your cool. If you've done all the proper planning, you'll be able to cope with the frequent bugaboos that can accompany the major transaction of buying one home and selling another simultaneously. If you begin to panic, or to act impulsively, you could be gambling a lot of money. Give yourself ample time, and get ample help; you'll reap ample rewards.

Pricing the house

To get the most money out of your home, you have to price it right. Too high a price will scare away buyers and waste a lot of time. Too low a price might mean a quicker sale but a sacrifice in profit.

First, consider what you'll need if you plan to buy a new home. If you can at least establish a *probable* cost range for your new dwelling, you'll be better able to evaluate pricing strategies for your present home in terms of its market value, how rapidly you want to sell, and how much return you need to get on your house.

As soon as you can, carefully scout your desired new location. You could run into some surprises in today's rapidly inflating market. Also take into account the cost of financing your new purchase. At present interest rates, you may face higher monthly costs for your new loan than those you have carried on your old mortgage.

Knowing what you'll need for your new home is one factor to consider in pricing your present home. Another is determining a realistic price range for the market. Beware of the neighborhood rumor mill that often inflates home values unrealistically. Concentrate instead on finding out the *actual* sales figures for comparable houses in your vicinity.

Start by visiting homes in your area that are for sale or that recently have been sold. Find as many as possible that are similar to yours in size, age, location, layout, condition, and type of construction, and try to get a sense of fair market prices. Also, check with new buyers to find out what they paid. Ask local real estate agents for a rundown of recent sales in the area. Visit the local county recorder's office where deeds are filed after a sale; with a clerk's help, you can determine the approximate selling prices of houses (transfer taxes are the clue).

Also watch out for the overzealous real estate agent: To win your signature on a listing contract, such an agent may convince you that it's possible to get a higher price on the house than might be realistic. Do your own homework—including interviewing a number of agents—to satisfy yourself that you're pricing right.

Timing may be the key

Should you shoot for the high or low end of your sensible price range? Much will depend upon timing. If you're not in a great rush to sell, you can afford the luxury of pricing on the high side, knowing that you can always come down. If you're anxious to get moving, asking in the lower end of the range may expedite matters for you. Bear in mind that for every month your house remains unsold, you make another month's payment. It doesn't take many months of paying for an extra mortgage—plus insurance, taxes, utilities, and maintenance—to close the gap between the higher and lower ends of the price range.

continued

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continued

House-selling strategies

Marketing your house

It's home to you, but it's merchandise to the rest of the world. The better a home is "packaged" and promoted, the better it will sell. A small sum of money wisely spent on marketing your property can multiply itself in profits.

● **The exterior.** "Curb appeal" is that first impression a buyer gets when he drives by or steps out of his car to examine your property. If the house strikes him as being messy or rundown, it could be tough to convince him otherwise. You should wash windows sparkling clean, paint exterior trim where needed, align gutters and downspouts, and sweep walks and driveways (shovel in winter). Also, groom landscaping into show condition; if necessary, invest modestly in new plantings of flowers or shrubs.

Keep in mind that a prospective buyer will examine not only your house, but the neighborhood as well. If your neighbors' yards are unsightly, that impression can reflect on your property. What can you do if you're confronted by this situation? Be diplomatic: Let your neighbors know that the more your house sells for, the more theirs will sell for too. If necessary, offer a helping hand with any cleanup.

● **The interior.** Put yourself in the buyer's shoes: You'd be favorably impressed by an interior that's clean, airy, uncluttered, and bright, and so will he. Before you show the house, ask friends, neighbors, and real estate agents for their *honest* opinions. Are there any offensive odors (from cooking and pets, for example)? Are rooms or closets cluttered? Are the color schemes too bold or too bland, and is the lighting too bright or too dim?

Correct any such problems, even if it means a few minor changes in your routine. Deodorize the house where necessary, and don't let odors recur. Clean out your closets and get rid of the inevitable piles of junk that accumulate in every home. Not only will this reduce the clutter; it also will cut your moving bill. Consider removing any furniture that adds to the overstuffed look. You might also relocate furniture to improve traffic patterns and make rooms more open.

When repainting is necessary, choose neutral colors that have broad appeal. With proper lighting and window treatments, you can brighten dark rooms and dim overly bright ones. Consider replacing any floor or wall coverings that are worn or soiled.

● **The condition.** Assume that any would-be buyer will look beneath the surface to determine if the house and all its components are in sound condition. The house should be able to withstand an inspection—usually at the buyer's expense—of the foundation, sidewalls, roof, heating, wiring, plumbing, water heater, and appliances that stay with the house. (Many a contract of sale has been signed contingent on a housing inspection, and many a deal has fallen through at the last minute because of unsatisfactory condition.)

A good selling point may be to obtain a used-home warranty, which will protect the new buyer against many common defects for his first year in the house. Such warranties cost about $250. Check with real estate agents for details, or look in the Yellow Pages for firms that offer such contracts.

● **The customers.** The best way to inform all possible buyers that your home is for sale is to have it listed with a local real estate firm that participates in the "multiple listing service." Every real estate firm that subscribes (most do) will have the listing available to prospective buyers. Multiple listing costs you nothing extra and gives your house maximum exposure in the marketplace. Also consider having your home listed with one of the nationwide firms that specialize in relocating their corporate clients' personnel. Many local real estate agents tie in with such firms.

● **The promotion.** Give prospective buyers a simple, strong-selling brochure about the house. Make it a fact sheet that describes rooms and special features, and contains floor plans (which you can draw by hand) and photographs that show off the most attractive features of the interior and exterior. Be sure your brochure emphasizes any important improvements to the home, such as a new furnace, appliances, plumbing, wiring, or insulation. Potential buyers are also interested in your landscaping; it helps to identify shrubs, trees, and perennials. Information about churches, shopping areas, and schools is always of value.

You can prepare such a brochure on your own or with your agent; total costs shouldn't run more than $30 or so.

Financial strategies

The easier you can make it for a buyer to pay for your house, the more attractive your package will be. To that end you should:

● Check with local mortgage lenders to determine what kind of financing is available—the maximum amount they'll lend on your house to a qualified buyer, and the down payment, interest rates, and other terms they'll require. It's not likely you'll get a firm commitment, but at least you'll have some advice for prospective buyers.

● See if your lender will allow a buyer to assume your mortgage, and at what terms. (See "Tight money tactics: How to finance a home sale," *Better Homes and Gardens*, June, 1979.)

● Determine if you'll be willing to take an IOU from a buyer. (Again, refer to "How to finance a home sale.")

● Ask your accountant or tax adviser about all possible tax implications of your sale. For example, certain fix-up expenses—such as for painting, or cleaning carpet—may reduce your capital gains tax if the jobs are done within 90 days before signing the sales contract and are paid for no later than 30 days after the sale. Further, if you are *not* purchasing another home of equal or greater value, some or all of your profit on the sale of your current home could be subject to income taxes. If you are buying another home and you're under age 55, the tax on your profit can be postponed. If you're over 55, up to $100,000 of profit can be excluded from taxation.

● Check with local lenders about the availability of a "bridge" or "swing" loan. It can help you temporarily pay for a new home if you must buy before selling or collecting on your present home. Even if this contingency never occurs, your ability to get such a loan may determine what kind of new house you can buy. (See "Should you take on a second mortgage?" *Better Homes and Gardens*, March, 1979.)

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Margaret Daly

Could a community college help you?



Whether you're just out of high school, well past retirement, or somewhere in between, a community college could be the answer to your educational needs. These two-year, publicly funded institutions offer flexible hours, convenient locations, and a wide choice of courses that make it easy to accommodate busy schedules and family demands. What's more, costs are rock-bottom—in 1978 tuition for full-time students averaged just $408 a year.

Community colleges may shatter your image of higher education. They're designed to provide a wide variety of educational services to a wide range of local residents. The average student is 27 years old, and the majority of students are not seeking bachelor's degrees. Usually there are no dormitories because virtually everyone commutes to school.

Although some community colleges have new campuses, others operate in converted warehouses or office buildings located in dreary business districts. Many students enter directly from high school. But they sit side by side with older people, many of them married, who are military veterans, homemakers, senior citizens, and adults working at full-time jobs while they further their education.

A few community colleges have football teams and other organized sports. Most offer student activities such as drama clubs and college newspapers. But many are oriented toward a different kind of service—reaching out to develop educational programs, often in cooperation with labor unions, corporations, prisons, retirement homes, and social agencies.

Where can you find them?

Community colleges are a distinctively American phenomenon that emerged from obscurity a few years ago to attract a sizable segment of the higher education enrollment. During the 1960s, local and state governments were establishing community colleges at a galloping rate. Today there are over 1,030 community colleges—four times as many as there were just two decades ago. You can find at least one in almost every congressional district in the country, and many urban areas have several community colleges.

More than one-third of the nation's 11.4 million full-time college students are enrolled in community colleges. One of every two freshmen begins his or her college education at such an institution. And these figures don't even include the millions of men and women who are studying career-related subjects or simply making better use of their leisure time in day and evening non-credit courses.

You don't have to be a full-time student to benefit. In fact, 60 percent of all the students attend on a part-time basis, some for just one or two courses at a time, others for as many courses as time will allow.

These two-year colleges are also leading the way in enrolling the fastest growing segment of the higher education market—adult women who are part-time students.

Depending largely upon the particular school or local network of community colleges, you'll have a wide variety of courses to choose from. You can approach the curriculum from any of three directions:

1. The academic program

One-third of the students at community colleges attend for two years and receive an associate degree (generally in liberal arts). Many of these students then transfer to a four-year institution to complete their bachelor's degree after two additional years' study.

Young people often find this a help-

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continued

Community colleges

ful bridge to the four-year school. They can hold down college costs while they decide whether a full academic program is really what they want after high school. And high school graduates uncertain about future plans can keep in touch with education by taking a few courses at a community college while delaying a full study schedule.

The academic opportunities at community colleges vary in scope and quality, so check carefully before enrolling. Although millions of community college students have continued their education successfully at four-year schools, there is no guarantee that all the credits you earn at the two-year college will be accepted by the four-year institution of your choice. (On the other hand, many state universities are required to accept credits earned for course work at community colleges in the same state. Furthermore, a number of universities and private colleges actively recruit transfer students from community colleges.)

Critics of community colleges also contend that because the two-year schools have lower admission requirements, the level of work is not as demanding as in four-year schools. The fact that students come from a wide variety of social and educational backgrounds sometimes slows down the academic action in the classroom, too.

Be prepared to confront such problems realistically: Get a fix on your long-range academic goals as soon as possible, and be meticulous about planning course work if you want to go on to another school. Talk over your program with a counselor at the community college. Contact the various institutions you are considering for future study to see what credits will or will not be acceptable.

2. Vocational-technical training

Another third of the students turn to community colleges to train for vocational-technical careers in programs that are usually not available in four-year schools. Some of these programs take two years, some less time.

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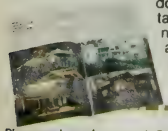
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Community colleges

Among courses in a host of trades and crafts are dental hygiene, air conditioning, solar energy and pollution control technology, fast food management, truck driving, data processing, retailing, and office skills. Such programs are light on the academic side, heavy on how-to skills.

Many vocational-technical programs at community colleges are tied closely to local employment needs. The immediate placement of graduates in jobs is the main concern, and many community colleges have full-fledged job placement bureaus.

Often you can join in a cooperative work-study program—learn secretarial and other skills while working in an office part-time, for example, or spend time as a hospital attendant while training to be a medical paraprofessional. At least 100 of these schools work with local unions to provide apprenticeship and journeyman training.

3. Continuing education

Many non-credit courses and some credit courses at community colleges are taken by adults contemplating mid-career job changes. These students often seek advice about specific problems, or simply want to find constructive ways to spend leisure time.

- A wide variety of courses and programs is available to help **retirees** adjust to a new life-style and to give them something to do with their newfound spare time. For example, Pioneer Community College is offering courses in financial management and independent living to senior citizens at seven sites in Kansas City, Missouri. Los Angeles Valley College has issued 9,500 special cards that allow older persons to attend free cultural, recreational, and entertainment activities. A branch of Maricopa Community College serves the 10,000 residents of Sun City, Arizona, a retirement village.
- For **women,** special consulting centers have been established on many campuses to offer advice about career training and to guide participants through the traumas of returning to school and the job market. Personal finance courses are especially popular with women, too.
- For **mid-career workers,** many community colleges offer consultation about possible new careers, how to prepare for them, and how to make the switch. A popular course in California, for example, teaches students to buy and sell real estate. Many community colleges also offer courses on the techniques of setting up and operating a small business.
- **Special interest courses** abound—encompassing everything from crafts to karate to consumer skills. You can even learn some of the more unusual activities firsthand, such as how to navigate a sailboat.

What are the advantages?

Community colleges have been instrumental in making higher education more accessible to millions of Americans. The institutions offer just what a new generation of college-going people is seeking:

- *Flexibility.* The very fabric of the community college is woven in a way that takes account of adult, part-time learners who must integrate their studies with a host of other demands on their time. Courses are given at hours and locations convenient for you. Classes may begin over coffee in the predawn hours or extend until almost midnight. If you cannot come to the college, then the college may go to you, making classrooms of offices, churches, shopping malls, and even your home via television (see page 26).

Professors at community colleges are accustomed to teaching older students and consider them in preparing lessons and in making out-of-class assignments. Libraries are open at all hours, and counselors recognize that advice appropriate for 18-year-olds may be unsuited for 38-year-olds. Counselors and faculty generally are prepared to deal with a broad range of problems, from college and postgraduate admission to career choice.

Community colleges are also flexible in their curriculum schedules. Often, if enough students express an interest in a course and propose it to the administration, the college will try to offer the course. That's part of the school's franchise: to meet the immediate needs of the community.

continued on page 26

"I'm More satisfied."



"I get great, satisfying taste with More. And More is 120mm long, so the taste lasts longer. That's why I get an *extra* measure of satisfaction.

More also has the style that could only come from a long, slim, brown cigarette. I'm much more satisfied with More."

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3 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.

continued from page 24

Community colleges

• *Open admission.* Low grades in high school or poor scores on entrance exams seldom prevent you from entering a community college. Most of the colleges are open to anyone with a high school diploma or its equivalent, and students are admitted on a first-come, first-served basis. Often remedial or makeup courses are provided so that students can then take post-secondary courses for college credit.

Furthermore, the lack of a high school diploma almost never prevents you from taking non-credit courses at a community college. Only a handful of community colleges engage in selective admissions; the philosophy of most is that everyone deserves higher education opportunities.

• *Low tuition.* Fees are the lowest you will find in higher education. (The average annual tuition of $408 in 1978 for full-time students seems a pittance compared to the $5,000 or more now charged by some four-year private institutions.) Some community colleges are free to state residents.

Students who attend community colleges on a part-time basis pay fees that are prorated by the number of courses taken. Charges vary; a typical course costs from $3 to $15 per credit hour. If you enroll as a part- or full-time student outside the area of your residence, you may have to pay a bit more for tuition.

Community college students are eligible for the same state and federal aid programs available to students at four-year schools. Often there are scholarships from local businesses, unions, and other groups as well.

What are the problems?

The fact that credits are not always transferable to other schools can be a major problem, and you should check out the situation thoroughly. There are other problems to consider, too.

• *Faculty.* Those who teach in community colleges usually do not have the wealth of academic credentials found among faculty members at four-year institutions. Still, it is estimated that by 1980 almost 20 percent of the community college faculty will have or will be working on their PhDs.

Community colleges tend to emphasize teaching more than research, so distinguished scholars seldom join community college faculties, where heavier teaching loads leave less time for research. On the other hand, you are likely to find that many faculty members choose to teach at community colleges precisely because they want to share their areas of expertise. That's generally a plus for the educational process.

• *The financial squeeze.* New fiscal pressures from local and state officials are forcing community colleges to place limits on growth. Some of their community service programs are also being curtailed as budgetary pressures mount. Also, non-credit courses are often required to be self-supporting, with students absorbing all the costs.

• *Student mix.* The combination of low tuition and open admissions makes community colleges particularly attractive to students who are academically under-prepared and economically disadvantaged. As a result, community colleges in big cities often have large enrollments of minority members. Some critics of our educational system say that community colleges are often forced to be catchall institutions for the underprivileged—a role that can adversely affect the image and sometimes the resources of the school.

• *Image.* Some people believe that the liberal arts approach of traditional four-year colleges is the proper role for higher education. To those people, the diversity of purpose and programs at community colleges is a detriment.

Yet defenders of community colleges think they serve a useful purpose. As Dr. Ernest L. Boyer, the U.S. Commissioner of Education, points out, "We hear a lot of talk these days about 'liberal versus vocational education,' and it is suggested that our collegiate traditions are demeaned if they lead directly to a job. Such a view not only distorts the present, but it also denies the past. Education from its earliest days has been introduced and defended precisely because of its utility."

For more information

The best way to decide about a community college is to visit one. Often you'll hear about specific schools and programs through notices on the radio, in the papers, or posted in places such as the public library.

Contact the school's public relations office and ask for materials. You probably will be able to arrange to attend some classes, browse in the library, meet students, and inspect facilities. *The American Association of Community and Junior Colleges* is a storehouse of information. Write the Association at One Dupont Circle, N.W., Suite 410, Washington, D.C. 20036.

TV COURSES FOR CREDIT

Providing college courses on television for academic credit is a phenomenon that's growing throughout the country and—true to their franchise of taking the school to the people—community colleges are in the vanguard. These "telecourses" are broadcast over public, commercial, and sometimes cable TV. Students register through the sponsoring community college, watch the programs at home, read the recommended textbooks, then take exams by mail or on campus. Academic credit is given for a passing grade.

More than 400 community colleges currently offer telecourses, and it is predicted that the number will increase as broadcast satellite technology develops.

This year about 250,000 students enrolled in the courses. An estimated 2½ to five million more viewed the programs without enrolling. Use of the telecourses at present is greatest in San Francisco, Los Angeles, and Sacramento, California; Dallas and Fort Worth, Texas; New York, New Jersey, and Connecticut; Chicago, Illinois; Miami, Florida; and Phoenix, Arizona.

Typical telecourses are consumer finance, principles of real estate, biology, astronomy, freshman English, and introduction to business. Costs run from about $25 to $65 for three credit hours; textbooks and supplementary materials are extra.

Watch for ads and notices in community and school publications. Note the sponsoring community college and contact the dean of instruction or the public information officer for details.

—Gene Maeroff

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You're reading this through a glass washed in Dishwasher **all**. It gets everything as clean and spotless as can be. The Rinse Agent Formula makes the difference. And the difference is clear.



Margaret McMahon

idea NOTEBOOK



The complete bed

One of the newest and most interesting decorating ideas today is the coordinated—or "total environment"—bedroom. Until recently, beds with padded headboards, upholstered bases, and correlated pillows, tables, and chairs were strictly custom installations. The Plaza Collection from Namaco Industries is out to change all that with a lavish group of beds and furnishings that are available in a selection of handsome fabrics or in the customer's own material. The styles offered range from sophisticated traditional to out-of-sight contemporary. Since so many choices are available for each style, prices vary widely. "Kismet," the single daybed shown above, retails for about $900.

Recently Namaco introduced a less expensive line that is built around six mix-and-match upholstered headboards with coordinating spreads and platforms. These headboards will cost under $100 and a complete ensemble can cost as little as $399. The Plaza Collection is available in most major department stores.



Indoor-outdoor shelves

What comes in many colors, is stronger than wood, resists the ravages of rain or snow, and shrinks ten inches in 60 seconds? The Carolina Forge (317 S. Elm St., Owosso, Mich. 48867) "Willow Bend" mini baker's rack. This wrought-iron shelf unit comes in six basic finishes and two antique finishes. It is 28½ inches wide, 19½ inches deep, and 57½ inches high; folded, it's only nine inches deep. A layer of zinc inhibits rust—in fact, one person we know says his unit survived the infamous winter of '79 on an open porch! The unit is available in furniture and department stores for about $167.



Pliable planters; lively labels

"Sof-Pot," a plastic bag for plants, is a practical, inexpensive, lightweight container that's ideal for starting plants from seeds. The container is made of heavy-duty polyethylene in a gutsy terra-cotta color with black motifs. Bags are available in five-, three-, and 1½-gallon capacities, and the largest costs about $1. Applewood Seed Co. (833 Parfet St., Lakewood, Colo. 80215) also offers several ready-to-grow Sof-Pots. "Sof-Pot-Plus" incudes three gallons of growing mix plus seeds of the Pixie tomato and costs $6.98 plus $1.50 for shipping. The "Snack-Sac" is a kit of catnip or grass for hungry felines. Each sells for $3.98 plus $1.25 for shipping.

It's a bit late in the season to start a vegetable garden, but you might want to lay in a supply of garden markers for next year. In fact, these eight-inch-long plastic labels are so bright, fresh, and well designed that you could hang them on the wall until next season! There are 18 different markers and they cost about $1.60 each at garden centers around the country. Happy Harvest Inc., 3600 South Jason St., Englewood, Colo. 80110.

continued



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Enjoy our quality in moderation.

Canadian whisky. A blend of Canadian whiskies. 6 years old. 86.8 Proof. Seagram Distillers Co., N.Y.C.

continued

idea NOTEBOOK

Where the buck stops

There's nothing worse than a product that doesn't perform, unless it's not knowing where to go to complain.

The *EM Complaint Directory,* published by *Everybody's Money,* not only gives you the names and addresses of every major manufacturer of consumer products in the country, but also lists government agencies and other groups that monitor consumer affairs. This 72-page book lists U.S. senators and representatives and tells you how to write yours a letter that is most likely to get results. For a copy of the Directory, send $2 to *Everybody's Money,* P.O. Box 431B, Madison, Wisc. 53701.



Yesteryear picnic basket

In remembrance of picnics past, Hudson Brown, a designer in Chicago, has put together a one-of-a-kind picnic basket with color-coordinated service for two. Almost everything in the lovely unfinished ash basket is from the 1930s and '40s. Don't expect "matching sets"—the charm of this recycled chic is that nothing matches, but everything goes together. The price is steep ($85 plus $15 shipping), but the idea is elegant. With a little ingenuity and lots of work you could create your own "heirloom basket." The basket alone is $35 including shipping. Hudson Brown, 72 East Walton, Chicago, Ill. 60611.

Needle and thread decorating

For those of you who sew, Simplicity Pattern Co. has come up with a nifty group of instruction cards for home decorating projects. The series is called "Simplicity House," and each package, containing from five to ten projects, costs $2. Right now, there are 12 packages in four design categories: country, contemporary, romantic, and Far Eastern. Directions are provided for decorating the living room, dining room, and bedroom in each style. For instance, the "Country Bedroom" package has instructions for 11 projects, including crisscross curtains, chair cushions, padded mirror frame, quilted comforter, and tiered tablecloth. In addition to the projects, there are suggestions for appropriate fabrics and colors, new easy-to-use yardage formulas, and ideas to help you achieve the decorating look you want.

Use the treatment hospitals use for hemorrhoidal irritation.

For problems such as hemorrhoidal irritation, where itching, burning and discomfort occur, 2,500 hospitals throughout the U.S. choose Tucks pre-moistened pads. With good reason.

Developed by a doctor to soothe, cool and help relieve itch and irritation in one of your most sensitive areas. Tucks pads are specifically designed for extra softness, to allow the gentlest possible application of a special soothing cooling solution. That's why they relieve discomfort so effectively, even for people who also use ointments or suppositories.



Hygienically cleansing. Inadequate hygiene can cause annoying hemorrhoidal irritation. But with the helpful cleansing action of Tucks, irritation can often be stopped *before* it starts.

Tucks pads come in jars of 40 and 100, and in individually wrapped Take-Alongs. So you can always keep a supply handy.

Tucks, from Parke-Davis. The treatment used by 2,500 hospitals.



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Nothing is added because nothing else is needed.

What this headache needs is 100% pure pain reliever. And that's Bayer® Aspirin. Bayer Aspirin is not 80%...not 90%...it's 100% pure pain reliever. Bayer adds nothing because – even for a big headache – you don't need anything else. And rest assured, Bayer Aspirin has relieved millions of headaches with no stomach upset.





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Katherine Popp, Cin., Ohio

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Coffee, Tea & a New Me uses one of the safest and most effective appetite suppressants available. And puts it in the most convenient place of all—your coffee.

When you feel hunger coming on, just drop a Coffee, Tea & a New Me non-flavored cube into a cup of coffee. Drink as you need it* and its special ingredient dramatically reduces your appetite for up to 4 hours at a time.

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Coffee, Tea & a New Me is so effective that its ingredient, in medical studies with hundreds of patients, has been proven to help 9 out of every 10 patients lose weight successfully.

*Safe taken as directed up to four times a day.



A medical scientific advisory panel to the United States Government has declared the ingredient in Coffee, Tea & a New Me safe and effective for appetite control and weight loss.

SHOPPING

How to order material from the magazine

Sailor Bear and Lady Bear The adorable stuffed bears shown in this issue are available in easy-to-make needlepoint kits. Each EXCLUSIVE kit makes both front and back and includes designs on 10-mesh cotton canvas, wool yarn, needle, and instructions. Polyester fiberfill is available below. Sailor Bear measures 7"x12"; Lady Bear is 9"x12". Both lovable bears make charming children's gifts.

Heartland of America Create this unique needlepoint wall hanging EXCLUSIVE from Better Homes and Gardens® and display it with pride in any room in your home. Complete kit includes design silk-screened on 22-mesh canvas, cotton floss, Persian wool yarn, needle, and easy-to-follow instructions. Your finished wall hanging measures 12"x12", and our stretcher strips, available below, make displaying your beautiful hanging a simple task.

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77	No. 15585 Needlepoint Lady Bear $14.99			
	No. 15586 Lady Bear and Sailor Bear $27.99			
	No. 03150 Polyester Fiberfill $2.50			
79	No. 15587 Heartland of America Needlepoint $17.99			
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Reach out and touch someone.

Too far away to bring the chicken soup? Well, how about some advice and good cheer by telephone? Wherever you are, you're never too far away to let the patient know you care. Your phone call could be the best medicine there is. Reach out and touch someone. Someone who's waiting to share your day.

Bell System

How electricity affected five generations of Americans #4

In the 1950s, the Franklin family needed more electricity. Uncle Miltie was on at 8.

Since the war, it seemed that everyone was building a home, getting an education and having babies. The fourth generation of Franklins didn't live close to each other anymore. They were spread out all over the country, in new housing developments as well as in the cities. But they had more in common than they expected. It was television that did it.

Electricity connected everyone.

The kids watched the same Saturday morning cartoon shows. The adults knew about the national issues in politics, the economy, foreign affairs and Hollywood. And they could all enjoy stealing Uncle Miltie's jokes back from him. The family was part of a national community.

TV had come quickly. But we're a country that likes change. We take on new things and new ideas with pleasure. It's part of our character and part of why we can do so much. And more and more of what we do, at home and on the job, takes electricity.

Demand for electricity keeps growing.

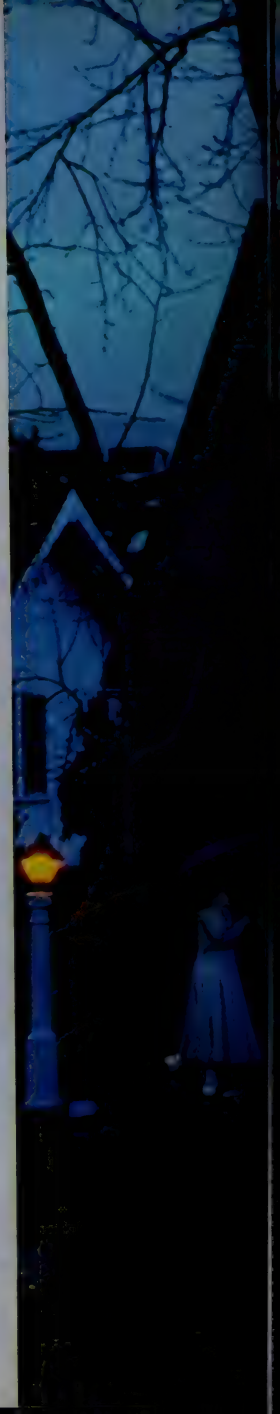
Everyone knows we need to conserve power, and we will. But our country needs jobs and growth. So as our population continues to grow and our imagination produces new ideas, we will need still more electricity.

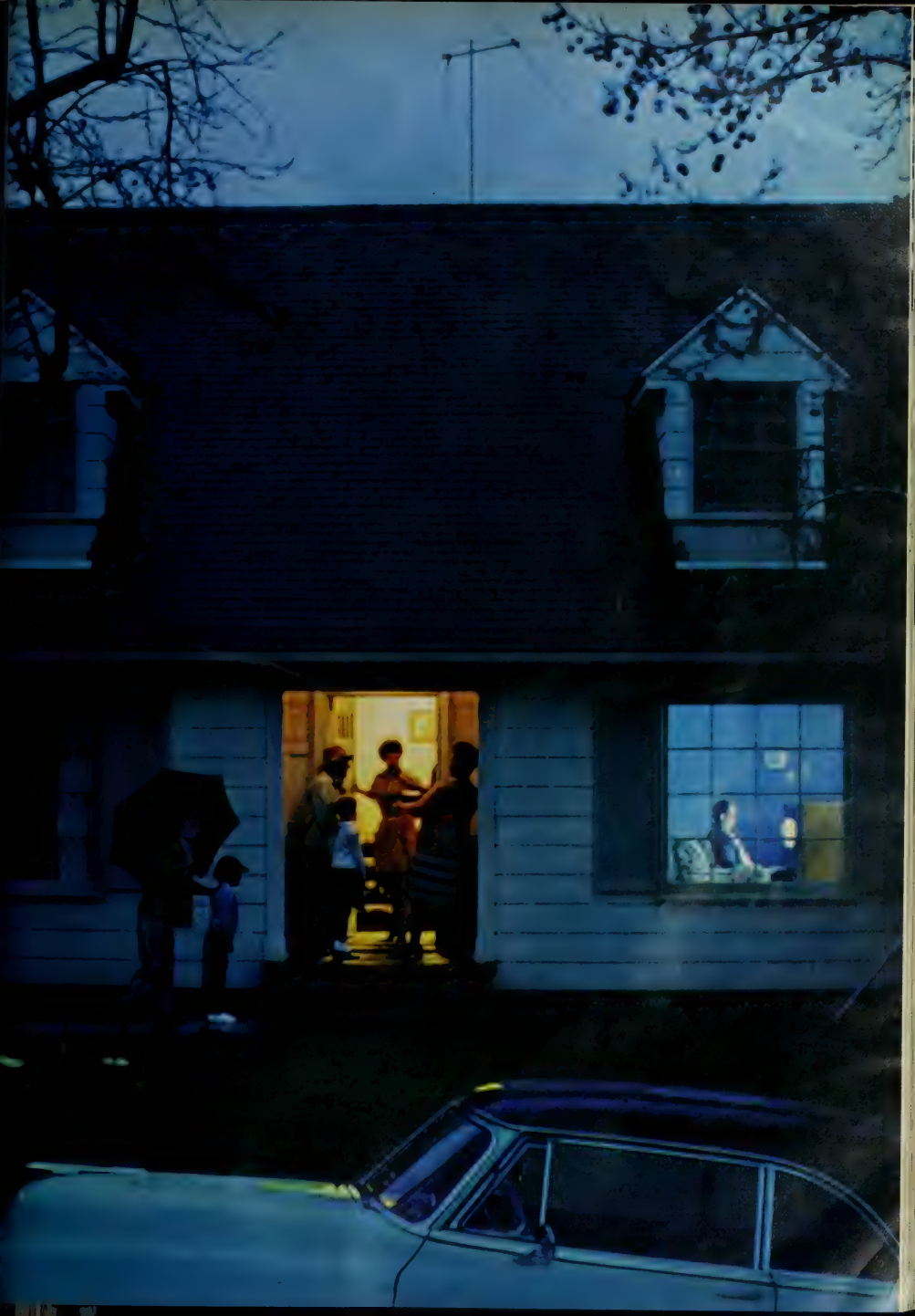
Since the 1950s, electric companies have been using nuclear energy to manufacture electricity. It's an established provider of power to millions of people. Right now electric companies are working on better ways to make electricity from old sources, too, such as burning coal cleanly.

The electric companies are working on new sources of energy while they steadily produce with the old. Making electricity takes a lot of work—always has and always will.

Electricity is America's manufactured resource.

Edison Electric Institute
The association of electric companies







In 1904, Judge Nolan's secretary thought she could get away with smoking cigarettes by disguising herself as a statue of Justice.



Justice was blind. But Judge Nolan wasn't.



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Slimmer than the fat cigarettes men smoke.



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

PASSIVE SOLAR HOUSING

IT WORKS

By David Haupert



The next time you see a house being built "the-way-we've-always-done-it," you'll be watching a multi-thousand-dollar product go obsolete before it's even finished. Why obsolete? Because the house heats and cools its inhabitants the same costly way we've accepted for decades. There's a better system—one that frees its owners from a legacy of runaway utility bills. It's called *passive solar housing,* and it consumes a *lot* less energy than today's dinosaurs—at a building cost that challenges that of custom homes built the "conventional" way.

WHAT'S A PASSIVE SOLAR HOUSE?

For years and years, builders have put up basic conventional houses, then tried to isolate them from the elements (high winds, bitter cold, baking sun, etc.). But some imaginative passive solar designers have shown that it's much smarter to design a house that can *use* those elements rather than fight them. The result is a building concept that works naturally, without any need —in many cases—for the usual heating/cooling gear. And unlike *active* systems, *passive* houses don't need expensive heat exchangers, pumps, and the like.

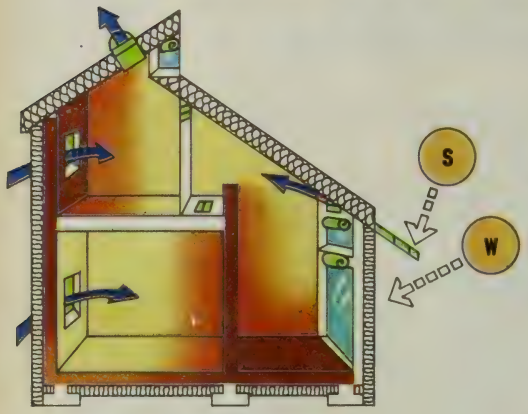
Passive technology is here, and the track records have already been established. Depending on their design, these houses can provide 30 to 100 percent of the heating needs—even in the coldest states.

HOW A PASSIVE HOUSE HEATS

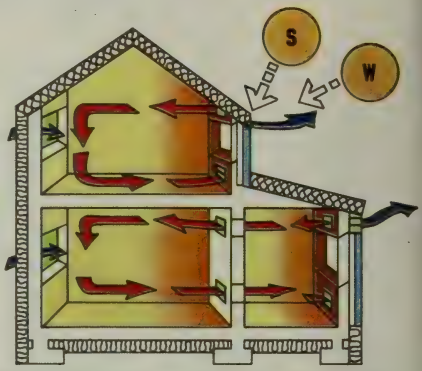
The beauty of a passive solar home is that it's simple. There are no complicated components to inflate your initial expenditures or to require maintenance, and a well-designed house can give you hours and hours of natural solar heat at no cost. The passive solar home has four requirements—solar collection, storage, distribution, and control. Keep these four words in mind; you'll hear them again and again as we discuss the three basic passive heating systems—direct gain, indirect gain, and isolated gain—and hybrids of these systems.

IT WORKS

PASSIVE SOLAR HOUSING



DIRECT GAIN



INDIRECT GAIN – MASS TROMBE

COLOR KEY: COLLECTION HEAT STORAGE HEAT DISTRIBUTION COOLING CONTROLS

Direct Gain. The simplest passive solar home is heated through direct gain. This home *collects* sunshine through large south-facing windows to warm the living space directly. The direct gain home *stores* solar heat in thick, massive floors or walls (of concrete, stone, brick, adobe, or even water in containers) to hold the heat for use at night and on cloudy days. As you can see, in this direct gain home the living space itself is directly heated by the sun and serves as a "live-in" collector. Solar heat is *distributed* throughout the house mainly by radiation from the warm walls and floors and by convection as warm air flows up into other spaces. With so much south-facing glass in this direct gain house, two *controls* are important—one against too much heat loss at night and on cloudy days, the other against too much heat gain in summer. The control to prevent excessive heat loss is usually insulating drapes, sliding panels, or insulating shutters. The control to prevent excessive heat gain can be as simple as a roof overhang or trees in leaf in summer.

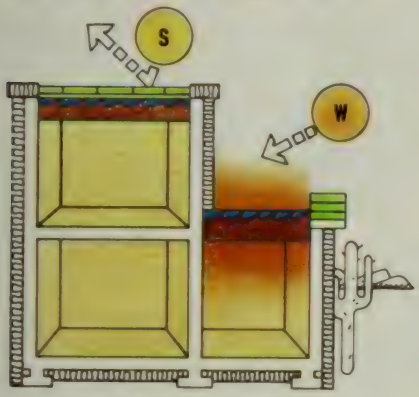
Indirect Gain. A second type of passive solar home is heated by indirect solar gain. Although materials in the house itself continue to collect and store solar energy, the sunrays do not have to travel through the living spaces to reach the storage mass. The homeowner no longer feels or sees the collection of heat—only the storage and distribution. This system allows the house to collect heat at much higher temperatures than the direct gain method does, without possible overheating. And indirect gain systems also have a time-lag feature—i.e., solar heat is felt hours after it is collected.

Throughout the country there are three types of indirect-gain passive solar systems. The first type is the mass trombe, developed by a Frenchman named Dr. Felix Trombe. The sun's rays are absorbed directly behind a large south-facing *collector* area (lots of glass) by a massive wall (often 12 inches of concrete) which serves as solar *storage*. This stored solar heat is *distributed* by radiation from the inside of the wall eight to 12 hours later (depending on the thickness of the wall). Very often this trombe wall is interrupted by windows and by vents at the top and bottom so that hot air between the glass and the trombe wall can flow into the house immediately for distribution by convection. These vents, then, are a *control* element, allowing convective heating before the time-lag heat is conducted through the wall mass. You can also use the vents in summer to channel excess heat to the outside (through outside vents).

A second type of indirect-gain passive solar home uses water—in barrels, bottles, or bags—for solar *storage* behind the south-facing glass wall or *collector*. (In the sketch of the mass trombe wall, visually substitute water for the masonry material in the thermal wall.) In this water wall system, solar heat *distribution* by radiation is much faster than in the mass trombe house, since hot water circulates quickly—making the inside of the wall

HOW TO READ THE SKETCHES

We've opened up four passive solar houses to show how the sun's energy is harnessed to heat in the winter and cool in the summer. Our sketches show both cycles, though of course they wouldn't occur simultaneously. The heating mode—the most critical—is indicated by red arrows (convective airflow) and graduated shades of red (radiation). Cooling action is represented by dark blue arrows leaving the house (overly warm household air), and dark blue arrows entering the house (replacement air). The symbol for operable controls can represent everything from eaves extensions to insulated panels that fold or slide. And though the symbol for insulating devices is in the shape of a roll-up unit, such accessories can run the gamut from high-R-factor shades to rigid panels to folding shutters.



INDIRECT GAIN – ROOF POND



ISOLATED GAIN – GREENHOUSE

SYMBOL KEY: ⇦ HEATING/COOLING MODES ▭ OPERABLE CONTROLS ⊂⊃ INSULATING DEVICES ⊟ VENTS

immediately warm and radiant.

The third indirect-gain passive solar home is more unusual and harder to find. *Collection* of solar heat is no longer through south-facing glass walls but on the roof! Hundreds of water bags, bottles, or large water reservoirs are set above a strong ceiling to *store* the solar heat. *Distribution*, like the radiant ceiling heat in many houses today, is uniform and comfortable. In a roof pond house, however, *controls* are the key element. Heat loss on a winter night and heat gain on a summer day may be extreme without adequate protection. For this reason, hinged insulating panels or automatic insulating doors must be added. At the end of a sunny winter day, the cover is closed to keep the heat within your house—right over your head. The roof pond house, like the mass trombe house, has great potential for summer cooling, too, except for hot, humid, overcast areas. Closed throughout the sunny summer day, the cover can be opened at night, when temperatures have dropped and the sun has set, in order to chill the water down. By the next morning you have a cold pack overhead!

Isolated Gain. With this system a sunny space is attached to the main house (either to the south side, right in the middle, or below the house) to collect and store solar heat and share its heat with the main house. You are no longer in contact with collection or storage but only with the distribution of the solar heat. However, you do have the option of opening doors, windows, and vents into this "sunspace" at any time. An atrium, a sun-room, and a greenhouse all can provide heat by isolated gain. The attached greenhouse system is the most popular—but the greenhouse is special. First, it's solely heated by the sun, relying on enough *collection* glass to the south to do the job. Secondly, it has solar *storage* to provide warmth for the rest of the house during cold weather and to retain heat for nights and cloudy days. Floors and a portion of the walls in an attached greenhouse are usually made of heat-absorbing masonry. Heat *distribution* couldn't be easier. Just open doors and windows into the sunspace or add vents into upstairs bedrooms to allow solar-heated air to rise into your house. You'll also need these doors and windows for *control* to isolate the sunspace. That's because some days may get too hot in this glassed-in space, and some nights may get nippy.

Hybrids. Actually, many passive solar houses are combinations of the three basic types—and often work better. Still others contain features that complement the standard three. A good example is the greenhouse system that ties into a convective air loop envelope—a design of architect Lee Butler. You saw one of his houses in our March issue. And you'll be seeing other innovative ideas in future issues as more designers and builders realize the potential of passive solar housing.

continued on page 48

IT WORKS

PASSIVE SOLAR HOUSING: IN CODY, WYOMING

By CarolAnn Shindelar





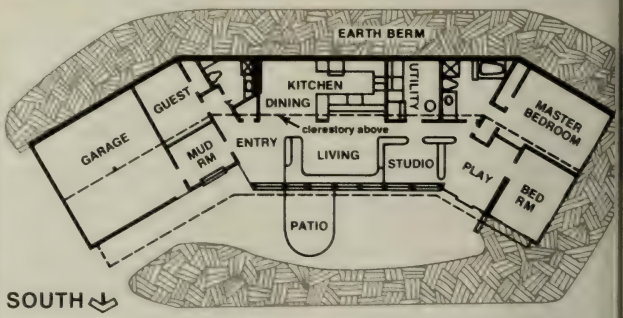
Photographs: E. Braun. Architect: David Wright, AIA, The SEAgroup. Builder: Sun-Works Construction. Source: B. Cathc

Although cold weather seems far off right now, none of us can forget last winter's record low temperatures and heavy snow—or the whopping heat bills. And utility costs this summer haven't been much better, with air conditioning bills soaring sky-high.

Wouldn't it be great to eliminate those bills forever? That's no longer an impossible dream. Virtually any house you build in any part of the country can be partially or totally heated and cooled for free, if it's built using passive solar techniques.

The Fred McGee house in Cody, Wyoming, is a good example. This house heats and cools itself without mechanical devices, costs nothing to operate, and was built for about the same price as a conventionally heated and cooled home.

When we visited Fred and Betsy McGee in Cody last November, we were greeted by eight inches of fresh snow and zero-degree temperatures. The first storm of the winter had hit with full force the day before we arrived. We thought it was terrible luck, but the McGees were delighted with the opportunity to show us how well their solar-heated home worked.

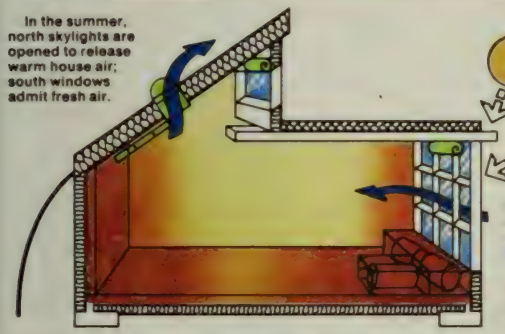


And were we surprised when we stepped inside! The house was being warmed exclusively by the sun and was toasty warm and pleasantly bright. In fact, we got *too* warm that afternoon, and when the thermometer topped 78° F., we opened several windows to cool the house. Normally Fred and Betsy are at work during the day and their son Jess is at school, so afternoon overheating isn't a problem.

The McGees keep careful records and report an average interior temperature of 70° F. this past winter. Even when outside temperatures dropped to −30° F., temperatures inside the house never were uncomfortably low.

The McGee house—like every passive solar home—was individually





planned by the architect for its site and climate. Cody is nestled in a mountain valley in northern Wyoming, and during the winter has severe cold, heavy snowfall, and high winds. But Cody also has a high percentage of "sun days," which is ideal for passive solar heating.

The McGees wanted an easy-to-maintain house with an open-plan feeling suited to their informal life-style. Solar architect David Wright accommodated their requests and still provided a totally passive *direct-gain* solar heat system.

To take advantage of all that sun, Wright designed the McGee house with an all-glass south wall (for *collecting* heat) and plenty of interior thermal mass—in the floor, built-in seating areas, and north wall (for *storing* and *distributing* heat).

The house faces due south and is crescent-shaped. It's only 24 feet wide and has 2,450 square feet of space, including the attached garage. The north, or back, side is a one-foot-thick, eight-foot-high, windowless concrete block wall faced with two inches of rigid polystyrene insulation and bermed with earth to a height of seven feet. The berm protects the house from severe north winds and helps move blowing snow up and over the house. In another area the McGee house might have been built partially underground, but an 18-inch water table in Cody prevented that.

Thermal mass has been built into the floor, built-in benches, and divider walls in the open living area, *above*. The floor in the living room is brick set on four inches of concrete over four inches of sand and two inches of insulation. The rest of the floors are concrete slab over two-inch insulation; most of them are carpeted.

The window seat and built-in bench (topped with blue pillows in the photo) encloses 55-gallon drums filled with water and treated to prevent leakage and corrosion. The divider walls are concrete block finished with plaster.

IT WORKS

IN CODY, WYOMING



As the sun goes down and the house cools, the heat stored in these thermal mass areas begins to radiate throughout the living spaces. The kitchen and dining area on the north side of the house also stay warm because of the thermal mass built into the north wall. Clerestory windows bring in light and warmth to that part of the house; you can see the light streaming onto the kitchen ceiling, *above*. The master bedroom, too, is lighted and heated via clerestories, *right*.

The amount of thermal mass built into a solar house is mathematically calculated for its site and climate; generally, houses in warm climates need less; in cold climates, more. Even on partly cloudy or cloudy days, the thermal mass areas still absorb a great deal of warmth from the sun.

To prevent heat from escaping through the south windows at night, the McGees cover the glass with shutters made of rigid insulation, framed in wood, and faced with fabric. The shutters are held in place by barrel bolts along the sides of the windows, *opposite*. In the morning the shutters are lifted from the windows and stored in an empty closet. The shutters could also be hinged at the top and tucked between ceiling beams during the day.

On extremely cold nights, the McGees take the chill off by burning firewood they've chopped in the timberlands nearby. Passive solar houses in cold climates often utilize wood-burning stoves for backup heating. Fred estimates he used two cords of wood this past winter, plus $4 worth of coal.

The lender the McGees borrowed from to build their house was dubious about the passive solar system and insisted they install electric baseboard heating as well. The family has never used the system in the two years they've been in the house, and the lender no longer requires auxiliary heating for other passive solar homes.

The passive system is working equally well this summer to cool the house. Because summer sun is higher in the sky, the overhang you saw in the exterior photo on page 40 keeps the sun from entering the living spaces. If the house still gets too warm during the day, the south windows and north skylights can be opened to circulate fresh air. And at night the windows are opened to let in cool evening breezes.



For more information on the McGee house and other passive solar projects, send a check or money order for $3 to SEAgroup, P.O. Box 49, The Sea Ranch, Calif. 95497.



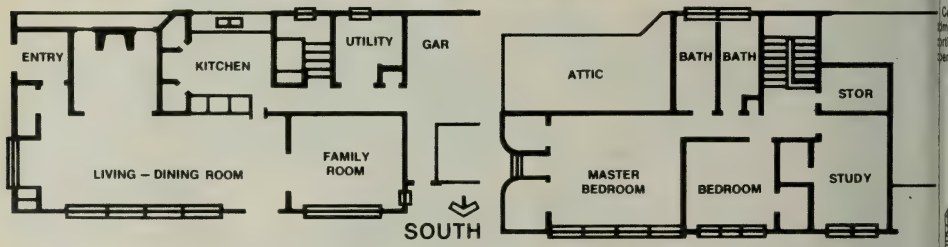
IT WORKS

PASSIVE SOLAR HOUSING: IN SANTA CRUZ, CALIFORNIA

By CarolAnn Shindelar



Photographs: Ernest Braun. Architects and Builders: Thacher and Thompson Solar consultant: James Buckey. Source: Barbara Cathc



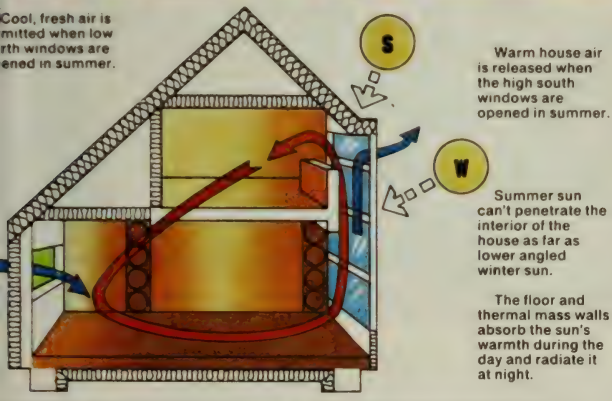
A passive solar house can be designed for virtually any climate, on any site, in any part of the country. We traveled to a clime vastly different from Cody, Wyoming, to photograph our second passive solar house. The one we chose is in Santa Cruz, California, where nighttime heating is needed year-round because of the cool ocean climate. Even in July and August, evening lows can drop to 50° F. Winters are cloudy and rainy, and fog is common year-round.

Can a passive solar system perform in this kind of a climate? The answer, says homeowner Dick Fleenor, is yes. Even without full sun for long stretches of time, the passive system in his house provided 98 percent of the heat needed last winter, and 100 percent of the cooling needed this summer. And best of all, that heating and cooling didn't cost a penny.

The best time to test a passive solar house is when the weather is at its worst. The northern California coast had received 11 inches of rain during the four weeks before our January visit, so we were prepared for a cold, wet welcome. But just as we were surpris by the warmth of the Wyoming house after a winter blizzard, so too were we impressed by the coziness and comfo of the Fleenor house during stormy weather. Luckily the rain stopped the next day, and we photographed the house under clear, sunny skies.

There are important differences between designing a passive solar house for an established city lot and one that's in the country. A building si in the city is more restricted in size (5 by 150 feet in this case), the house ha to face the street (in this case, west),





nd existing obstacles (such as
uildings and trees) come into play.
Architects Tom Thacher and
atthew Thompson easily worked
round those restrictions and were
ble to design and build the Fleenor
ouse for only $1,000 more than a
onventionally heated home. They
ced the house west, but gave it a two-story, south-facing wall of glass. Although the house takes up less land than the McGee house in Wyoming, the second story boosts the living space to 2,000 square feet—roughly the same size as the McGee house.

Fortunately the house next door was not tall enough to block the sun, and the trees shade the house only during the early morning. Solar architects do have some leeway in orienting passive houses to the south. A deviation from the south of up to 30° west and 18° east will decrease heat gain only about five percent. Site factors—such as slope of land and prevailing winds—can often be more important.

Thacher and Thompson primarily used *direct gain* techniques for the passive solar heat system in the Fleenor house. The double-glazed south window wall *collects* the sun and brings its warmth to the living areas downstairs and bedrooms upstairs. Thermal mass for heat *storage* and *distribution* has also been incorporated in the floors and walls. The floor is oak laid over a six-inch concrete slab and 12 inches of sand, and five-gallon cans of water are concealed in many of the walls. There are 144 cans in all, stacked five high (in most cases) and treated to prevent leakage and corrosion. For example, the section of wall behind the mirrored stand and metal sculpture, *above,* contains five cans of water stacked on top of each other.

IT WORKS

IN SANTA CRUZ, CALIFORNIA



The water walls are vented at top and bottom to provide continuous heat flow by natural convection during the day. Then in the evening when the house cools, convection slows and the heat stored by the water radiates into the room.

Heat rises to the second floor via a space left between the window and south wall in the master bedroom, *right.* The upstairs south wall is about three feet high, allowing warm air to enter the room and circulate freely.

Since the temperature never drops as low in Santa Cruz as it does in Cody, Wyoming, window insulation isn't necessary at night. The fireplace provides as much auxiliary heating as needed. The house does have a conventional forced-air furnace, but Dick has used it only five times in the last year and a half.

In summer the house is cooled in much the same manner as the Wyoming house. The first-story north windows are opened to let in cool air, and the second-story bedroom windows are opened to release warm



air. This natural convection system keeps the house cool even during the warmest weather. The house does not have—or need—air conditioning.

You may have noticed that, unlike the Wyoming house, the Fleenor house does not have a south roof overhang. The sun is never blocked from entering the windows because it's needed for nighttime heating even in the summer. The angle of the summer sun is so steep that it penetrates only a foot or two into the interior; it only warms the south water walls and the floor which then radiate enough heat in the evenin to keep the house comfortable.

For more information on energy-efficient housing, you may order Thacher and Thompson's book, "Your House Can Do It: The Passive Approach to Free Heating and Cooling." Send a check or money orde for $12 to Thacher and Thompson, 21 Oregon St., Santa Cruz, Calif. 95060.

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rce of all 'tar' and nicotine disclosures in this ad is either FTC Report y 1978 or FTC Method. **Of All Brands Sold:** Lowest tar: 0.5 mg. 'tar,' 5 mg. nicotine av. per cigarette, FTC Report May 1978. **Golden Lights:** gs—8 mg. 'tar,' 0.7 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

CONTINUED FROM PAGE 39

Passive solar housing

How a passive house cools

Most discussions of solar houses focus on heating. But cooling is equally important—accounting in some parts of the country for the larger part of the annual energy bill. Today's answer to cooling problems, of course, is central air conditioning; it comes with almost every new home. And yet, 30 years ago air conditioning didn't exist, and we lived comfortably in temperatures of 80°F, 90°F, and even 100°F. There are many more passive cooling techniques than passive heating techniques available to us. Maybe you remember some: *natural ventilation; evaporative cooling* (using water in hot, dry climates to pull heat from the air, both reducing its temperature and increasing its humidity); *dessicant cooling* (using salts to pull humidity from the air, making it much more comfortable in hot humid climates); *time-lag cooling* (using very heavy adobe and concrete walls to delay the daytime heat traveling into your house until evening hours when it's cooler); *night cooling* (flushing your house with cool night air by turning on fans and opening windows); and even *underground cooling* (isn't it much cooler in your basement in summer?).

Where to go from here

If you're interested in learning more about passive systems, invest in a reference book or two. There are several excellent ones on the market, and they go into much more technical detail than our space allows. We're especially high on six of them: *Natural Solar Architecture—A Passive Primer*, David Wright, A.I.A., Van Nostrand Reinhold Co., 135 W. 50th St., New York, N.Y. 10020, $7.95 (soft cover);

continued

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1 can (16 oz.) Libby's Juice Pack Sliced Peaches
2 cups diced cooked chicken
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Drain peaches, reserving fruit juice. Chop peaches; reserve some slices for garnish. Combine chopped peaches, chicken, celery, raisins and Creamy Curry Dressing; chill. Arrange chicken mixture with salad greens; garnish with peanuts and sliced peaches. Serves about 4.

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CREAMY DILL DRESSING:
Combine ⅓ cup reserved fruit juice with 1 cup (8 oz.) plain yogurt, ½ teaspoon dry mustard powder, ½ teaspoon minced onion pieces and ¼ teaspoon dill weed; chill. Yields about 1¼ cups.

THE SALAD M WITH THE FI

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1 can (16 oz.) Libby's Juic Pack Pear Halves
Salad greens
½ pound cooked ham, cut strips
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Bean sprouts
Creamy Dill Dressing

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continued

Passive solar housing

Sunset Homeowner's Guide to Solar Heating, Lane Publishing Co., Menlo Park, Calif. 94025, $2.95 (soft cover); *Solar Greenhouse: Design Construction and Operation,* R. Fisher and B. Yanda, John Muir Publications, P.O. Box 613, Santa Fe, N.M. 87501, $6.50 (soft cover); *Designing and Building a Solar House, Your Place in the Sun,* Donald Watson, Garden Way Publishing, 9506 Ferry Road, Charlotte, Vt. 05445, $9.95 (soft cover); *The Passive Solar Energy Book,* E. Mazria, Rodale Press, Inc., Emmaus, Pa. 18049, $10.95 (soft cover); *The Solar Home Book: Heating, Cooling and Designing with the Sun,* Bruce Anderson with Michael Riordon, Brick House Publishing Co., Harrisville, N.H. 03450, $8.50 (soft cover).

Then, when you're ready to talk to an experienced designer, call the National Solar Heating and Cooling Information Center (using their toll-free numbers of 800-462-4983 in Pennsylvania, 800-523-4700 in Hawaii and Alaska, and 800-523-2929 in the remaining states) and ask for a list of current practitioners and the addresses of the homes they've built in your part of the country. By all means, talk with a designer and visit one of his homes.

As you discuss your needs with your designer, remember that he'll be working with four major variables of your climate: temperature, wind, humidity, and sunshine. In each season, some of these climatic forces must be eliminated —and the others capitalized on—in order to reduce *significantly* your need for mechanical heating and cooling. Much as a sailboat is balanced to move without mechanical assistance, your home—if designed properly—can be naturally heated and cooled. All you have to do is open and close it to the elements in response to the seasonal advantages and disadvantages of sun, wind, temperature, and humidity. And in the meantime, you'll learn that it's fun and *cheap* to live in the comfort of a passive solar home.

(Written in cooperation with Vivian Loftness, Project Manager, A.I.A. Research Corporation)



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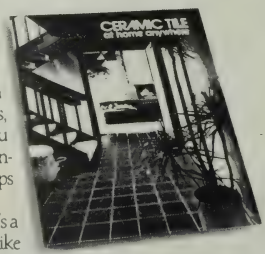
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FOOD

Food storage tips

With the cost of food continually rising, it's important to protect your investment by storing fresh foods and leftovers properly. The following tips and food storage guide can help you do just that.

- Store perishable foods in the refrigerator or freezer as soon as you get them home from the store. In some foods, microorganisms can start growing at room temperature within two hours.
- Make sure your refrigerator or freezer is cold enough. Your refrigerator should be between 34° F (1° C) and 40° F (4° C), and your freezer should be at 0° F (-18° C) or lower.
- Thaw frozen foods in the refrigerator whenever possible. If time is short, place a sealed container of frozen food in *cold* water to speed thawing. Be sure to change the water frequently.
- Refrigerate or freeze leftover foods immediately after serving.
- Store foods only as long as recommended in the following guide.

Maximum storage time

Food	Refrigerator	Freezer
Bacon	5 to 7 days	1 month
Beef	2 to 4 days	6 to 12 months
Butter	7 days	2 to 3 months
Casseroles	2 to 3 days	2 to 4 months
Cheese		
Cottage cheese	3 to 4 days	don't freeze
Hard	1 to 2 weeks	2 to 3 months
Soft	1 to 2 weeks	don't freeze
Cooked meats	4 to 5 days	2 to 3 months
Egg whites	10 days	3 to 6 months
Egg yolks	2 to 3 days	don't freeze
Fish	1 to 2 days	6 to 9 months
Frankfurters	4 to 5 days	1 month
Ground meats	1 to 2 days	3 months
Ham	1 week	2 months
Luncheon meats	1 week	don't freeze
Milk	5 to 7 days	don't freeze
Pork	2 to 4 days	3 to 6 months
Poultry	1 to 2 days	6 to 12 months
Sausage		
Bulk	1 week	2 months
Dry	2 to 3 weeks	don't freeze
Smoked	3 to 7 days	don't freeze
Sour cream	3 to 4 days	don't freeze
Stews and soups	2 to 3 days	2 to 4 months
Variety meats	1 to 2 days	3 months
Yogurt	2 weeks	don't freeze

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OFFBEAT ADVENTURE VACATIONS







f going along with the crowd isn't our vacation style, or if you'd simply ike to try something different, why not nake your family's next outing an off-beat adventure? We've lined up a practically irresistible assortment of possibilities—on the land, at sea, and n the air. Each one promises a vaca-ion to remember.

The more obvious adventures—like biking, hiking, sailing, and skiing—have been purposely passed up, on the assumption that you've probably tried most of them before. Particularly rig-orous vacation pastimes—like moun-tain climbing, kayaking, scuba diving, hang gliding, and such—have been ruled out, too, in favor of more easy-going adventures everybody in the family can join in together. Some of our selections are more challenging than others, to be sure. But after sam-pling each one for ourselves, we can guarantee that they all offer a great time for the whole family.

To get in on the fun, you won't need any special training, skills, or exper-tise. And even if you can't get away to the assortment of enticing vacation locations we've singled out, chances are you can enjoy similar adventures in areas close to home.

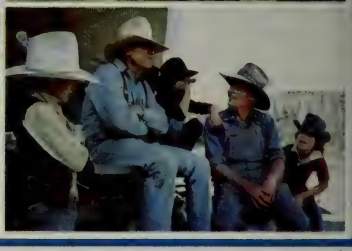
One admonition is in order: Offbeat adventure vacations aren't for every-one. They're certainly not in the same league with "programmed" package tours. But if you relish excitement and the unexpected, can tolerate minor changes in plans, enjoy escaping vaca-tion crowds, and don't even mind sometimes getting a bit disheveled in the process, gather your clan and come along. There are unforgettable thrills and discoveries galore in store.

continued

Photographs: Barbara Humeston (left); Harry Jarvis (top); C. J. Burkhart (below)







WAGON TRAIN TREKS

For a vacation adventure in the pioneer tradition, head out over the early trails with a wagon train caravan. You'll gain a new appreciation of the iron-willed pioneers as you relive some of the experiences they shared—from the excitement of fording a river to your first glimpse of a circle of covered wagons, the feel of a good team at the end of the reins, and the taste of hearty campfire grub.

When you set out with the Wagons West operation for your wagon train adventure, the dazzling backcountry of Wyoming's Grand Teton National Forest provides a dramatic setting. Lean back and enjoy the serenity as you roll along at an easy horse-powered pace. Wildflowers and pine accent sunny mountain panoramas that unfold around every bend, as you're lulled by muffled creaks of the wagons, and the jingling harnesses and syncopated clip-clop of the teams. Gentle saddle horses trail along, so you can mount at your pleasure to follow the wagons or join guided backcountry rides.

There's plenty of opportunity to get acquainted, and your new friends are sure to include the convivial wagon master and the wranglers and cowgirls. Many of their ancestors were among the pioneers who settled the Rocky Mountain states. And it won't take much coaxing to get an old-timer to spin a fascinating yarn or two.

Days begin early. While the sun is low, you'll roll out to sausage and eggs, flapjacks, and fresh coffee cooking over an open fire. Most of the day is spent on the trail, with frequent stops to rest sore spots and enjoy the scenery.

When the sun starts to crowd western peaks, the wagons are circled and a comfy camp soon takes shape. You can help with the chores or go fishing, hiking, or riding before a ranch-style meal (plenty of meat and potatoes) is served up at the chuckwagon.

After supper, everyone gathers round the crackling campfire for an old-fashioned cowboy sing-along. Then you snuggle into a wagon bunk (padded seats convert to sleeping quarters), a trail tent, or a sleeping bag under the stars. You'll be asleep in no time.

Prices for two-, four-, and six-day trips range from $100 to $250 for adults and $80 to $190 for children under 16 (with meals, guided horseback trips, sleeping quarters, and transportation from downtown Jackson, Wyoming, to the base camp included). On Wagons West outings, a couple of concessions have been made to safety and comfort—rubber tires, foam seats, and hydraulic brakes on the wagons, and portable "comfort stations." Take-along necessities include a sleeping bag (rentable for $10 extra per trip), outdoor clothes, a wide-brimmed hat, a warm jacket and gloves, hiking or riding boots, toilet articles, insect repellent, and a flashlight.

Several other wagon trains also give vacationers the chance to sample pioneer life. One of the most authentic is Wagons Ho, which follows the Old Smoky Trail out of Quinter, Kansas; Bar-T-Five Outfitters, based in Jackson, Wyoming; The Dakota Wagon Train out of Eagle Butte, South Dakota; and Honeymoon Trail Inc., Moccasin, Arizona. Caravans usually roll late spring to early fall. For more about Wagons West, write L. D. Frome, Wagons West, Afton, Wyoming 83110.

Local and regional associations offer wagon train adventures, too. These organizations generally hit the trail once a year, and sometimes offer significantly lower prices than commercial operations. Among these groups are the Highway 50 Association Wagon Train, Box 454, Placerville, California; The Arizona Wagon Train Association, Patagonia, Arizona; Fort Seward Wagon Train, Box 244, Jamestown, North Dakota; Blue Ridge Wagon Train (c/o Pete Medley), West Jefferson, North Carolina; and the Marshall-Madison County Wagon Trail (c/o Ernest Boone), Marshall, North Carolina.

continued

Photographs: Harry Jarvis

Preventive Dentistry.



How to help your dentist help your teeth.

You may not know it, but just by having regular checkups, you're already practicing an important part of preventive dentistry. That's because most of the time your dentist can catch a little problem before it turns into a big one.

But preventive dentistry doesn't stop at the dentist's. You have to do your share at home. Eat a balanced diet. Use dental floss (as your dentist recommends it). Brush regularly with Crest.

Crest has fluoride, the best cavity-fighter you can get. The fluoride in Crest actually combines with the tooth enamel to make it more resistant to decay.

We're working to make cavities a thing of the past.

Accepted Council on Dental Therapeutics American Dental Association

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care" Council on Dental Therapeutics, American Dental Association.

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FREIGHTER VOYAGES

The sea is the perfect setting for adventure, and now it's accessible to more vacationers. A somewhat unconventional mode of travel called freightering offers the chance to sail almost anywhere at reasonable prices aboard genuine "working" ships—provided your vacation plans are flexible.

Freighters travel world trade routes from most major port cities. Voyages usually range from a couple of weeks to several. One option for vacationers with limited time is to team up a sailing from a U.S. or Canadian port with a flight home from a port along the route or at the ship's turnaround point.

On freighters, the cargo always comes first. The sailing date might be changed at the last minute due to arriving freight, or the itinerary might be switched in mid-sea to pick up some cargo. How long ships stay in port depends on unloading and reloading time, but two- to three-day stopovers aren't uncommon.

Most freighters, especially those with U.S. registry, offer spacious, comfortable cabins midship high above the water with private baths and air conditioning. A cozy lounge or two, a game room with TV and stereo (sometimes movies), a library, deck chairs (occasionally a swimming pool), and a laundry room are common amenities.

Most of the time at sea, it's up to you to keep yourself occupied. But the ship's officers and crew make fascinating travel companions. They delight in sharing their adventures—just don't believe everything you hear. The purser is the ship's troubleshooter and can answer all your questions on board.

Passengers eat in the officers' dining room. The food is plentiful and well prepared—even though it's not gourmet fare—and the service is friendly. You're usually welcome to raid the pantry icebox, too, and to help yourself to snacks in the lounge.

The further ahead you book your trip the better. Popular voyages often sell out more than a year in advance. Your name probably will be put on a waiting list at first (there's no obligation) for the month you'd like to sail. A tentative sailing date will be set several weeks before departure but won't be firmed up till a few days before sailing.

Fares vary, depending on the class of ship (Mariners and Sea Racers rank among the finest and fastest), type of accommodations, and length and destination of the voyage. Most daily rates range from $25 to $70 per adult double. Children five to 12 generally share their parents' cabin for half price. Freighters carry no more than 12 passengers, who are likely to be congenial folks with more time than money. Some ships have restrictions against very young children and older travelers.

Freighter trips come and go all the time. A sampling of short voyages includes sailings up the St. Lawrence River to French Canada, down the coast to Mexico, and through the Panama Canal. Approximately two-week European sailings might include Baltimore to Poland via Germany and the Netherlands, or Tampa to Rotterdam. South America, the Orient, Asia, even East Africa are other possibilities.

A travel agent who specializes in freighter travel is the one to help plan your trip. Ships of close to two dozen lines offer voyages from U.S. ports.

Find out all you can about freighter ing before you go. TravLtips Freighter Travel Association at 40-21 Bell Boule vard, Bayside, New York 11361, can provide reservation service and a bi monthly information bulletin ($15 a year). Among books on freighter trave are *Ford's Freighter Travel Guide* (Bo 505, 22151 Clarendon Street, Wood land Hills, California 91365; $4.75) *The Trip Log Quick Reference Freight er Guide* (Air and Marine Travel Ser vice, 501 Madison Avenue, New York New York 10022; $3), and *All Abou Voyages on Freighters and Cruis Ships* (Harian Publications, Flora Park, New York 11001; $4.95).

continued

Photographs: American President Lines (left); C. J. Burkhart (right)

"For Rusty's favorite dog food, I'd pay even more than canned.



It just so happens I pay even less."

You may be surprised to discover that Gaines•burgers ually less expensive than the leading canned dog foods. see, a box of 12 Gaines•burgers contains the same nber of meals as 6 cans. But it usually costs about 20¢ less n the leading national canned brands.

It's also nice to know that Gaines•burgers has the meaty e dogs love. And all the vital nutrition of canned dog d—without any of the mess or bother.

So try a box of Gaines•burgers. You can pay more dog food, but you can't buy a dog food that's better for r dog.

Gaines•burgers®
DOG FOOD
The Canned Dog Food Without The Can.®

A box of 12 Gaines•burgers® contains the same number of nutritious meals as 6 cans, but usually costs about 20¢ less.



Average national price based on a survey of leading national brands.

© General Foods Corporation 1979.







For an extraordinary aerial vacation adventure, nothing can compare with the thrill of hot air ballooning—gliding through the air at the whims of the wind under a giant nylon bubble. Your family can sample this sport at The Balloon Ranch, the country's only hot air balloon resort, in a southern Colorado mountain valley halfway between Denver and Albuquerque. The setting provides splendid panoramas, and weather conditions almost guarantee long, leisurely flights daily. Besides rides, the Ranch also offers instruction for would-be balloonists.

Since flying is best around sunrise and sunset, make "early to bed and early to rise" your motto. Sign up for a morning ride and your billowing sphere will be taking shape before sunup. After a fan inflates each balloon to about half its flying size, blasts from a propane burner heat and expand the air till the balloon sits upright. You're treated to a colorful spectacle when all five Ranch balloons lift off at once (each carrying a pilot and usually two to four passengers).

Once you're airborne, the landscape fades into a patchwork pattern below as you experience the next best thing to a magic carpet ride. The trip is silent, except for whooshes of the propane burner overhead supplying heat to keep the balloon aloft. You might leapfrog along the ground, skim the treetops, or sail high into the sky.

BALLOON OUTINGS

The wind decides where and how fast you fly. A few simple instruments in the gondola help the pilot plot your course. The trick is to pick the altitude having air currents in the direction you want to fly and to avoid objects like power lines and trees. Most landings are remarkably "soft," but if the wind picks up, get set for a little excitement.

While the colorful bubbles drift overhead, chase crews negotiate land obstacles to keep the balloons in sight. If you anticipate where the balloon will come down—and get there fast enough—you can help ease the gondola back to earth and share a bottle of champagne to toast a successful flight.

The Ranch offers *terra firma* activities as well: tennis, swimming, fishing, riding, and climbing instruction. Four-wheel-drive tours and river rafting can be arranged. In winter, when ballooning is excellent, activities switch to skating, skiing, and snowmobiling.

Dining is top-notch at the handsome log lodge, and upstairs there are cozy rooms for most of the Ranch's 28 guests (semiprivate baths only). More spacious accommodations (with private baths) are available in a couple of duplex-style cabins. Seasons run May through September and November through February. Package rates, including meals, accommodations, and most earthbound diversions, start at $100 per adult double for two nights and $305 per week. Kids under 12 stay for half price. Balloon rides ($60 per person) and instruction cost extra. Winter rates for lodgings are cut 20 percent. Visitors are welcome to stop in just for balloon rides (with reservations). For more details, contact The Balloon Ranch, Star Route, Box 41, Del Norte, Colorado 81132.

You also can enjoy balloon festivals and competitions across the country. Get names of area balloonists who can fill you in on nearby "happenings" from The Balloon Federation of America, Suite 430, 821 Fifteenth Street N.W., Washington, D.C. 20005 (send a stamped, self-addressed envelope). A few of the best events include: the Hot Air Balloon Championships in Indianola, Iowa, starting August 3 this year; International Balloon Fiesta in Albuquerque, New Mexico, October 6-15; Adirondack Hot Air Balloon Festival, September 21-23 in Glens Falls, New York; Berkshire Balloonfest in Cummington, Massachusetts, August 17-19; and Great Midwest Hot Air Balloon Rally in the Wisconsin Dells and the Balloon Federation Annual Convention in Knoxville, Tennessee, in June.

continued

Photographs: Barbara Humeston


In The Bahamas you can live like Robinson Crusoe.
Or the way he dreamed of living.
The endless islands with endless possibilities.
Some people dream of relaxing on a secluded island.
Others dream of more lavish surroundings.
In The Bahamas you can have either. Or both.
Create your own world at a quiet hideaway with miles of untouched beaches.
Or stay at an exciting resort where we'll pamper you in tropical style.
You see, with us you have a choice. To be alone on one of our endless islands, pampered by nature. Or be with others, pampered by us.
For reservations and information, call your travel agent or 800-327-0787.
In Florida 800-432-5594.
It's Better In The Bahamas
BAHAMAS





JEEP JUNKETS

You couldn't ask for a more adventurous way to see the country than jeeping. Besides allowing close encounters with nature, every trip promises new challenges and the pleasures of setting your own pace. But along with the fun goes the responsibility of restricting travel to approved areas.

Jeepers come from all over to bounce over boulders, plow through sand, and bump up and down rocky ledges at Canyonlands in southeastern Utah, probably the country's most rugged national park. It's more fun than a roller coaster.

To the south is the park's best jeeping territory, The Needles, a historic region of desert-like landscapes. You can get a free permit and map at the park entrance and ranger station (about 35 miles off US-163 between the towns of Moab and Monticello).

Most visitors first head up scenic Salt Creek Canyon, where towering trees turn spectacular colors in fall. This is a good trail for novice jeepers. Once you get the hang of negotiating the moist, soft sand along the Creek, the trip is pure delight.

A spectacular landmark, Angel Arch, juts out from a cliff about 13 miles up the Canyon. In a Jeep, you can get within a quarter mile of the best viewpoint. On your way back from the Arch at the Salt Creek Canyon-Horse Canyon junction, take the easy trail up Horse Canyon past the fascinating rock formations and the eerie cliffside ruins.

Every self-respecting Jeep jockey likes to brag about conquering infamous Elephant Hill, via a narrow, half-mile natural stone staircase with switchbacks. Some turns are so tight you have to maneuver back and forth on a ledge. One spot even calls for backing up to the next switchback. Be on the lookout for other vehicles and pullout areas. Before tackling the Hill, switch your vehicle's range selector to low and shift into the lowest gear.

More spectacular sights lie beyond the Hill's summit. Drive down Devil's Lane to the confluence where the Colorado hooks up with the Green River. Across the canyon lies the Maze, near where Butch Cassidy and his Wild Bunch hung out.

Drive on to Chesler Canyon for a four-mile hike to Druid Arch. For a spectacular half-miler, hike Joint Trail into Chesler Park. Unless you plan to stay at Devil's Kitchen camping area, allow time for the trip back over Elephant Hill before dark.

You can rent Jeeps at Canyonlands Resort, near the Park's southeast entrance; in Moab and Monticello; or in Grand Junction, Colorado (closest commercially served airport). Rates run about $35 a day plus 20 to 30 cents a mile when you buy the gas. Chauffeured four-wheel-drive tours are available, too. But it's more exciting to explore on your own, and for a family of three or four, it's also less expensive.

Just outside the Park, you can spend the night at Canyonlands Resort (about $20 for four), where there's also a little restaurant and campground ($3 a night). Squaw Flats Campground ($2 a night) lies three miles from the Resort. Though the Park stays open year-round (free), warm weather usually lasts from April through October. There are more motels and campgrounds in and around Moab, Monticello, and Green River.

Four other national parks also welcome jeepers in Utah—Arches, Bryce, Capitol Reef, and Zion. And you'll find prime possibilities in other areas, too: around Palm Springs, California; the Baja Peninsula; northern Arizona, around Flagstaff and Page; the Rocky Mountain west, including Wyoming's Tetons and the Black Canyon region near Montrose, Colorado.

For details about Canyonlands, write: Superintendent, Canyonlands National Park, Moab, Utah 84532. You can find out more about Utah's other national parks from the Utah Travel Council, Council Hall/Capitol Hill, Salt Lake City, Utah 84114.

continued

Photographs: Harry Jarvis

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Kent did it. Taste with only 3 mg. tar.



EASY-DRAW FILTER. Special double filter allows a free and easy draw never muffling the good taste.

IMPORTED HIGH-TASTE TOBACCOS. A special blend with imported tobaccos packs as much taste as possible up front so that enough good taste comes out the other end.

25 YEARS OF LOW TAR TECHNOLOGY. We called upon everything we've learned in 25 years of making America's leading low tars and put it all together with recent taste technology. The result? The lowest low tar with taste.

NEVER BEFORE HAS SO LITTLE TAR YIELDED SO MUCH TASTE.

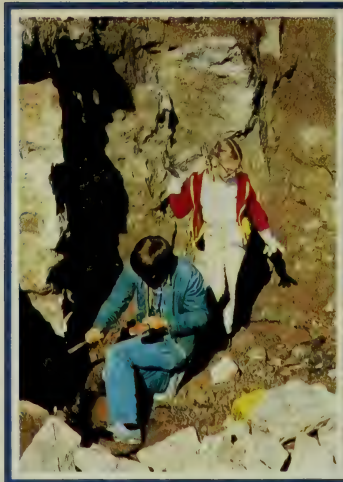
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Satisfying taste. 3 mg. tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

3 mg. "tar," 0.4 mg. nicotine av. per cigarette by FTC Method.





TREASURE HUNTS

It's easy to combine a prospecting adventure with most vacations. Though you probably won't strike it rich, the whole family will savor the excitement of discovery and the fun of exploring the outdoors together. Established "digs" generally are the best spots for amateurs. If you branch out from there, avoid "claim jumping" on private property or restricted public lands.

A top prospecting site and a great area for vacationing is the history-rich Mohawk Valley, south of the Adirondack peaks in central New York. The treasure there is Herkimer "diamonds," glistening quartz crystals prized by collectors and rock hounds.

The gems lie buried all over this area of rolling foothills and woodlands dotted with enchanting villages and tidy dairy farms. But nowhere are they in greater supply than in and around the village of Middleville, where the Herkimer Diamond Development Corporation and the Ace of Diamonds Mines welcome visitors (State-28, about seven miles north of the town of Herkimer).

There's more than one way to go prospecting. You can dig beneath crumbly ochre-colored rock on the ground till you discover a gleaming crystal, or use a trowel and screen to sift through the sandy soil for quartz. But with a hammer and chisel, you're in the "big time" and can dig for crystals on rocky ledges and crevices.

The crystals lie in small openings or "vugs" in pockets of hard dolomite and the surrounding soil. When you break one of these pockets open, you're dazzled by dozens of sparkling stones. Most prized of all are rare crystals with liquid, bubble-like inclusions.

The mines lend tools for a small deposit. Three-pound crack hammers and bull-point chisels are best. But if you really take prospecting seriously, bring a sledgehammer and crowbar.

You can prospect all day mid-April till the first snow (usually mid-November) for $2 per adult, $1 for youngsters under 14, and free for children under five. You keep all the gems you find.

Don't miss the Herkimer Diamond Development Corporation gem and mineral shop, full of unusual stones and gems. Demonstrations of equipment and rock-polishing and gem-cutting techniques also are scheduled there. Housed in the same building is a fine mineral museum.

A KOA campground (about $6 to $8 a night) in a beautifully rustic setting lies right across State-28 from this complex, alongside a super trout stream. Several motels in Herkimer also offer accommodations at sensible prices. A special dining experience awaits in nearby Little Falls at an old copy of an Irish castle called Beardslee Manor.

More good prospecting also abounds from the West Coast to New England. You'll find gems along the Maine coast and in Blue Ridge Mountain country—western North Carolina, eastern Tennessee, and up into Virginia. Spruce Pine, North Carolina, even hosts a Gems and Minerals Festival in August. Arkansas is home of the unique Crater of Diamonds State Park, and there's Rockhound State Park in New Mexico. You can pan gold in northeast Georgia, near Dahlonega, and join the October Gold Rush Days celebration.

There's gold panning all over the West, from California's mother lode country to southwestern Oregon around the Rogue River, Idaho's Boise Basin, Colorado's Arkansas River around Leadville, Arizona's Hassayampa River near Wickenburg, and tributaries of the Ruby River near Virginia City, Montana. You can mine sapphires in Montana, too, south of Missoula in the Sapphire range.

To learn more about the Herkimer County area, contact Theodore Adams, Herkimer County Chamber of Commerce, 19 West Main Street, Box 25, Mohawk, New York 13407. For information about the other areas mentioned, write to the state travel bureau (%the state capitol if you don't know the complete address).

Photographs: Ted James

The SGT.

Seagram's Gin & Schweppes Tonic. Mixed with military precision.



The SGT. is Seagram's Gin & Tonic. Pour 1½ oz. Seagram's Gin over ice. Fill with Schweppes Tonic. Garnish with a wedge of lime. Enjoy it! And enjoy our quality in moderation.

Seagram's Gin. Perfect all ways.



Officially authorized by the Saturday Evening Post

THE WONDERFUL WORL

An important new collection of twelve porcelain bells featuring Saturday Evening Post classics by Norman Rockwell never before reproduced on collector bells.

Limited Edition Deadline: August 31, 1979.



For more than 60 years, Norman Rockwell held up a mirror to America. We looked and saw reflections of ourselves: the way we live, love, laugh, cry—the way we feel about family, friends, neighbors, community, and country.

No other artist has looked so kindly on human nature. Norman Rockwell's wit was gentle, his wisdom genial, his warmth genuine. His paintings were inspired works of genius. How fortunate we are to have them—his lasting legacy to America!

Norman Rockwell was at his very best when painting covers for **The Saturday Evening Post**—perhaps because the Post, like Rockwell himself, was so perfectly attuned to the people. From 1916 to 1963, for two generations of Americans, Rockwell painted covers depicting life in America. It is impossible to think of Rockwell without thinking of the Post—and vice versa.

A magnificent tribute to America's best-loved artist

Now, by authority of **The Saturday Evening Post**, twel of Rockwell's most memorable paintings will appear—f **the first time**—on beautiful bells of fine Bavarian porcelai

Represented on these twelve bells are all the qualiti that made Rockwell America's best-loved artist: the cel bration of everyday delights...the tender recognition human follies and foibles...the surprise of the eye-catchi moment...and, above all, Rockwell's love of people: h faith in humanity's basic goodness.

Bells of fine Bavarian porcelain

Each of the twelve bells in this officially authorized c lection will be flawlessly crafted in fine Bavarian porcelai A wide range of ceramic colors will be used to recrea Rockwell's brilliant mastery of lighting, shading, textur and color. In addition to the reproduction of his pai ing, each bell will also bear the famous Norman Rockw signature.

The porcelain will possess a remarkable luminous quali causing the colors to radiate with a jewel-like glow. As



© 1979 SEP

Bells shown smaller than actual size of 5⅜" in height.

OF NORMAN ROCKWELL

exquisite finishing touch, two bands of precious 22 kt. gold will be hand-applied to each bell.

A limited edition

To further enhance its unique collecting status, **The Wonderful World of Norman Rockwell** bell collection will be issued in a limited edition available exclusively by advance subscription and only from the Danbury Mint. No bells will be sold separately and none will be available in stores. The attached application is guaranteed acceptance only if postmarked on or before August 31, 1979. The size of the U.S. edition will be forever limited to the number of sets reserved by this final deadline.

Convenient acquisition at a guaranteed price

To reserve your collection of Norman Rockwell bells, simply complete the attached reservation application. You need send no money now. The twelve individual bells will be issued at the convenient rate of one every two months. You will be billed for each of your bells at two-month intervals, and the original issue price is guaranteed for each bell throughout the entire collection.

Satisfaction assured

If you should receive any bell you are not completely satisfied with, you may return it for replacement or refund. Naturally, you may discontinue your subscription at any time.

Prompt action is essential

Remember, acceptance of your reservation can be guaranteed only until August 31, 1979. So please act promptly. In years to come, as everyone realizes that there will never again be an artist like Norman Rockwell, your limited edition collection is certain to become even more admired. Do reserve your bells today!

RESERVATION APPLICATION N7

The Wonderful World of Norman Rockwell
Bell Collection

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06856

Guaranteed acceptance only if postmarked by August 31, 1979.

Please accept my reservation application to **The Wonderful World of Norman Rockwell** bell collection. I understand this is a collection of 12 fine Bavarian porcelain bells featuring classic Norman Rockwell paintings never before reproduced on collector bells. The collection will be issued at the rate of one bell every two months at a cost of $27.50 per bell (plus $1.50 for postage and handling).

I understand I need send no money now. I will pay for each bell as billed at two-month intervals. I may cancel my subscription at any time, and any bell I am not completely satisfied with may be returned for replacement or refund.

Name _____

Address _____

City _____ State _____ Zip _____

Signature _____

☐ Check here if you want each bell charged, as it is shipped, to your ☐ Master Charge ☐ VISA.

Credit Card No. _____ Expiration Date _____

ORIGINAL ART BY GREAT AMERICAN ARTISTS, especially commissioned and signed on plate by the artist, meticulously lithographed in full color.

OFFICIAL U.S. POSTAGE STAMPS—each issue furnished as a block of four, in original mint condition within a clear protective capsule.

SPECIALLY CRAFTED, LINEN-FINISH ARTIST'S STOCK embossed with a texture like that of artist's canvas

22 KARAT GOLD HALLMARK of the Postal Commemorative Society on every panel.



Butterflies



*Collector Panel shown smaller than actual size of 10" x 13"

Christmas

U.S. Commemorative Stamp Collector Panels

Now...great American artists will create beautiful and important original works of art to accompany each new U.S. Commemorative Postage Stamp

Magnificent and meaningful heirlooms priced at just $4.50

ow, a major new, original work f art will be privately commis-oned in honor of each new U.S. ommemorative Postage Stamp. ach original work, by a great merican artist, will combine with e new stamp to create an eirloom collectible of historic gnificance and enduring beauty. nd you have the opportunity to art your collection from the very rst panel, as a Charter Subscriber.

ur nation's stamps sing the praise of merica's heroes and heroines... create the grandest moments in our story...celebrate the glories of nature d the treasures of American wildlife. ur stamps pay tribute to the triumphs the American spirit — in science, the ts, medicine, law, and politics. Each w stamp reflects America at her best. nd each stamp is a magnificent work art in its own right.

Now, specially-commissioned original art will perfectly mplement each new stamp issue.

e highlight of each Collector Panel ll be an original work of art perfectly mplementing each new commemora-ve stamp. By becoming a Charter bscriber, you will be building an irloom collection of important art by ch acknowledged American artists *William A. Smith*, who designed all ght stamps issued during 1973 to mmemorate the American Bicenten-al...*Robert Handville*, designer of the 72 Yellowstone Park stamp, whose intings hang in many private and blic collections, including the John Kennedy White House Collection... *an Ellis*, a philatelic designer with ve U.S. stamps to his credit, whose rks have been shown at the Whitney d Metropolitan Museums in New York. Each work of art will be signed on ate by the artist, then meticulously hographed in full color on specially-afted paper which has the texture of tist's canvas. Each Panel will be em-ssed with the 22 karat gold hallmark the Postal Commemorative Society.

Each new stamp issue will be furnished as a block of four and preserved forever in mint condition.

rious collectors acquire new U.S. mmemoratives in blocks of four — a adition which U.S. COMMEMORA-VE STAMP COLLECTOR PANELS ill follow. The mint-condition stamps ill be placed within a clear protective capsule to guard against dust, loss, and mishandling.

An elegant, custom-crafted portfolio will enhance your collecting enjoyment.

As a Charter Subscriber, you will receive a luxurious, collector's portfolio, with your name stamped in gold on the cover. Each Collector Panel will fit inside a transparent display page — protecting the fine art lithograph. On the reverse of each panel, you will receive an informative narrative written by philatelic experts.

Charter Subscribers receive important benefits.

Only Charter Subscribers will be guaranteed the right to begin their collections with the inaugural panel — at the original issue price of just $4.50. In addition, Charter Subscribers will be guaranteed the original issue price of $4.50 per panel for at least two full years. This favorable price will include the specially-commissioned fine art lithographs, the block of four mint-condition stamps, protective portfolio pages, and the informative narrative text. There will be no charge for the personalized collector's portfolio. This is a remarkable value, when you consider that a fine art lithograph alone can easily cost many times the price of each Collector Panel.

Charter Subscriptions can be guaranteed only until August 31, 1979. So please act promptly.

There will be a Collector Panel for each new U.S. Commemorative Postage Stamp issue beginning with the June 1979 releases.

Your collection of Collector Panels will become a magnificent family heirloom. To start at the very beginning, you need send no money now, but do reserve your Charter Subscription today!



**U.S. Commemorative Stamp Collector Panels is a program of the Postal Commemorative Society which is not affiliated with the U.S. Postal Service or any governmental agency. The program starts with the June 1979 issues. The artists whose original works are shown here for illustrative purposes have also been commissioned to do paintings for forthcoming Collector Panels.*

Charter Subscription Application 4

U.S. Commemorative Stamp Collector Panels

Postal Commemorative Society
47 Richards Avenue
Norwalk, Conn. 06857

Guaranteed acceptance only if postmarked by August 31, 1979

Please enroll me as a Charter Subscriber to U.S. Commemorative Stamp Collector Panels. I will receive a Collector Panel for every new U.S. Commemorative Postage Stamp issue (normally 15 to 20 per year). Each will contain a mint-condition block of 4 stamps from the new stamp issue mounted on a beautiful Collector Panel featuring a meticulously lithographed original work of art by a leading American artist.

I will be billed $4.50 (plus $.50 shipping and handling) for each Collector Panel as shipped in groups of two or three panels approximately 6 to 8 times per year (as new U.S. stamps are issued). Also, send me the handsome collector's portfolio which is free to me as a new member. I may terminate my membership at any time.

Name _____

Address _____

City/State _____ Zip _____

Signature _____

☐ As a convenience, I prefer to have my Collector Panels charged at the time of shipment to my:
☐ Master Charge ☐ VISA

Credit Card Number _____ Expiration Date _____

THE REBIRTH OF THE BLOODY MARY



An American bartender, Fernand Petiot, working in Paris during the early 1920's, invented the Bloody Mary. And when he returned to New York several years later, his drink became the rage of the age. Happily for us, TABASCO sauce was a part of this exciting recipe.

Now we, the TABASCO sauce people, offer you "The Rebirth" of the true Bloody Mary in its finest form. TABASCO Bloody Mary Mix. Taste for yourself. It would have made Petiot proud.



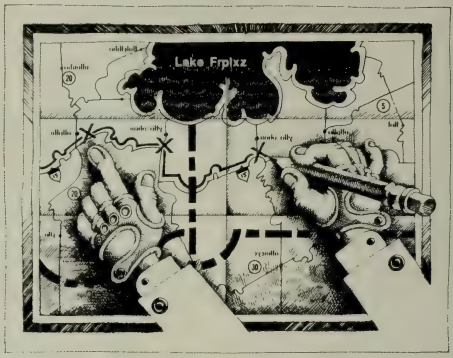


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CARS

Kim Garretson

Gas buying tips for travelers



Are your summer vacation plans in limbo because of the spotty availability and high prices of gasoline? The following strategies can help you cope with the fuel crunch.

Auto vacation planning

● **Map your route and prepare a timetable.** After you've chosen your vacation stops, calculate the distances you'll be traveling and set start and stop times for each day's driving. Keep night and weekend driving to a minimum and stay on main thoroughfares as much as possible.

If your trip will be limited to a weekend, plan one tank fill-up for Saturday before you park for the night, then calculate the distance you can travel on about three-quarters of the tank for the return trip. On the first trip, stop in the area where you'll need gas on the return and ask if nearby service stations will be open on Sunday.

● **Contact lodgings where you'll be staying.** As you're making reservations, ask about the gasoline situation near the hotel or motel. Find out if arrangements have been made with local service stations to guarantee gas for guests, especially on weekends. If you'll be staying at national lodging chains, ask your local member if the chain is offering any special programs.

● **Check with the AAA or your auto club.** Your local office of the American Automobile Association should have a current weekly Fuel Gauge report. Ask if the report mentions problems along your route or at your destination. If it does, contact AAA or your auto club's offices in those areas for details.

Alternatives to using your car

● **Investigate fly-drive, bus, and train packages.** Ask your travel agent about money-saving packages to your destination that combine airline flights and rental cars. Bus trips won't require reservations, but Amtrak trips usually do; check with your travel agent.

● **Rent an economy car.** Consider leaving the family wagon at home and opting for a more fuel-efficient rental car. Make your reservation as early as possible and ask if rental offices along your route can assist you in finding gasoline.

Other tips

● **Don't carry gasoline in storage containers in your car.** This practice is extremely dangerous. Even an emptied container harbors fumes that can be ignited by a sharp blow.

● **Locate discount stations near expressways.** Although some of these stations may be hardest hit by shortages, many may provide a money-saving alternative. Ryan's Gas Guide, a directory of 1,200 such stations, is available for $2.50 from RMS, P.O. Box 20995, Billings, Mont. 59104.

Illustration: Graphic Corporation



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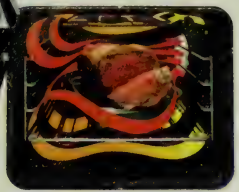


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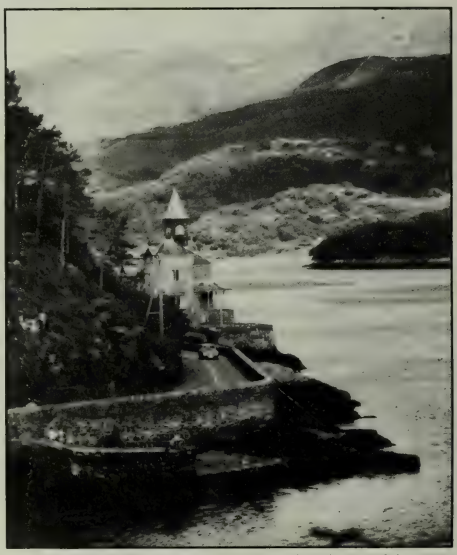
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Touring Wales: A fascinating London side trip

From the splendid valleys in the south, to the spectacular castle-dotted mountains in the north, with rolling green hills in the middle, Wales delights the eye. A visit to this tiny British Isles country (about New Jersey's size) makes a fascinating side trip out of London and offers an easy change of pace from the city's hustle-bustle.

The fastest way to reach Wales is to take a speedy Inter-City 125 train from London's Paddington Station to the Welsh capital of Cardiff, on the southern coast. The sleek new trains whiz westward through the countryside, covering the 150 miles in under two hours. One-way tickets cost $19, second class.



The scenic countryside along the coast is only one of the many delights that await vacationers exploring Wales.

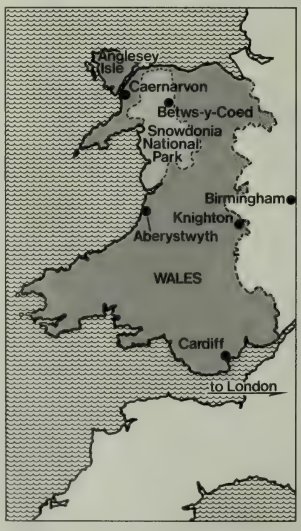
What's doing in the south?

Unless you have time for an extended stay, don't dally too long in Cardiff or the coal-mining region of the south. Mid-Wales and the north are more interesting.

But even on a short visit, stroll from the train station to Cardiff Castle, right in the center of town. The Castle is noted for its circular medieval ammunition keep on a little hill surrounded by a moat. Then pick up a rental car (book it in advance before leaving home or in London) and begin your tour. Remember to keep to the left as you drive.

On the outskirts of Cardiff, the Welsh Folk Museum at St. Fagans is worth as much time as you can spare. It's tops among European folk museums. The authentic gloomy cottages there will help you understand the harsh life of Welsh peasants in days gone by. Spanking new galleries are lined with displays ranging from old kitchen equipment and veterinary instruments to elaborately carved wooden "love spoons" and old "mourning jewelry" designed to hold strands of deceased persons' hair. Also near the city is Caerphilly Castle, a moat-fringed edifice partially destroyed by Cromwell's troops during the English civil war.

On a leisurely visit, you might explore some of the southern coastal towns and resorts, like Barry or The Mumbles. The home and simple workshop of Dylan Thomas, the bard of Wales, is located at Laugharne. Or you can travel to the country's southwestern tip to visit tiny St. David's Cathedral, built in a valley to be hidden from invaders.



Touring the heart of Wales

In scenic mid-Wales, the roads are narrow—barely two lanes wide in some places—and often hugged by thick trees and tall stone walls. Between villages, flocks of sheep dot the picturesque green hills.

Even in high season, you can usually find lodgings as you roam, provided you look early in the day. Plenty of hotels and inns are listed in guidebooks and government publications, but if you'd rather sample Welsh homelife, keep your eyes open for "Bed and Breakfast" signs roadside. For $10 to $15 a person (usually half price for kids), you can get lodgings for the night and breakfast with a Welsh family, plus all the friendly conversation you like. Your hosts are sure to

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Drawing: Blaser Kimball



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Touring Wales

know the area, too, so if you want to go hiking or pony trekking into the mountains, they can recommend the best places.

One caution: Beware of traveling during the last week in July and the first week in August, when English factories shut down and workers by the thousands head for the Welsh countryside. The mass migration makes it nearly impossible to find accommodations without reservations.

Historic border country

Along the Anglo-Welsh border in mid-Wales is a beautiful area that is particularly rich in history. Some of the best preserved stretches of Offa's Dyke, an earth barrier running the length of Wales, lie near the villages of Knighton and Presteigne. The Saxon King Offa had the barrier constructed to protect his kingdom from marauding Welshmen in the nearby hills. You can follow a footpath along the dike for breathtaking views of surrounding valleys and hills.

Toward the coast

Near the country's midpoint is Devil's Bridge, a town named for an arched stone crossing between two cliffs. Legend has it that Satan himself built the structure, which now has two other bridges piggybacked over it above a narrow gorge.

From the Bridge, a splendid road with gorgeous valley views leads to the coastal city of Aberystwyth, on Cardigan Bay. The University of Wales at Aberystwyth overlooks this old resort town. The National Library there contains the bulk of surviving medieval Welsh manuscripts. You can lunch at an informal fish and chips place for under $2 and stroll along the Victorian-era promenade enjoying an ice cream "cornet."

National park exploring

More mountain roads lead north to the Snowdonia National Park in North Wales, where the conquerors of Mt. Everest trained. There you'll find more spectacular scenery—mile after mile of brilliant green slopes topped by jagged rocky promontories.

Drive the pretty coastal road from Barmouth to Harlech, where famous Harlech Castle stands solemn and mighty above the water. Visit Llanberis, where you can board one of the Great Little Trains of Wales, drawn by a tiny green and red coal-fired engine for a four-mile lakeshore round trip among Snowdonia's highest peaks.

Across the road another train makes the long, hard climb to the summit of Mt. Snowdon, highest point in England and Wales. Expect to find a crowd waiting to take the ride, even though the price ($10) is almost as steep as the mountain and the peak can be cold and cloudy. If you're in good shape, you can walk to the top. Allow at least three hours for the hike and be prepared with good boots, rain gear, and a sweater.

On the Isle of Anglesey

You may want to cross over the bridge to the Isle of Anglesey, a region of cornfields and sea resorts stretching toward Ireland. Within a few miles of the bridge are two especially enticing spots: the famous town of Llanfairpwllgwyngyllgogerychwyrndrobwlllllantysyliogogogoch, known popularly (and thankfully) as Llanfair P.G., and the little Museum of Childhood, in the town of Menai Bridge. Kids and grown-ups alike will enjoy the old music boxes and such memorabilia as a turn-of-the-century birds' eggs collection and 100-year-old windup toys.

Back on the mainland in Caernarvon is Caernarvon Castle, site of the investiture of the Prince of Wales. Caernarvon is slightly out of the way but well worth visiting. The castle is one of the most imposing in all of Britain and almost perfectly preserved.

Merry evening in the north

Plas Maenan, a comfortable converted country house overlooking the quiet vale of Conwy just north of Llanrwst, is a good place to spend a night or two in North Wales. Double rooms with bath and TV range from $26 to $38, including a light breakfast. Here, as in all of the north, reservations are a must. The dinners served at Plas Maenan are something special. Try honeyed Welsh lamb, a traditional dish, or the grilled local trout.

If you're lucky, you may be on hand on a weekend for a *Noson Lawen* (Merry Evening) of Welsh entertainment. This banquet of traditional Welsh food and drink features a harpist and local singers. Or, perhaps some neighborhood men will drop into the Plas Maenan bar for a pint and an hour or two of song. Welsh singing, which sounds like a cross between church hymns and barbershop quartets, is one of the joys of the country and can be heard in pubs throughout the land.

More northern adventures

Near Plas Maenan, investigate the town of Llanrwst. Try parking at the outskirts and walking into town for a different perspective. Dine there at Meadowsweet, a leisurely establishment where the continental menu is spiced up with an occasional Welsh dish and English specialties like Sussex beef served in a sauce of port wine and Guinness. Expect to pay about $20 for two without wine.

Don't miss nearby Betws-y-Coed, possibly the region's prettiest town. Visit early in the morning, before the crowds come out. Cross the 500-year-old bridge in the center of town and get delightfully lost among winding streets lined with houses. Some of the best footpaths in Snowdonia start in Betws-y-Coed. Be sure to check with the local tourist office for a map before setting out.

Every good-sized town has a shop selling Welsh crafts. Woolens, pottery, and baskets are the best buys. For an excellent one-stop selection, try the large Anna Davies shop in Betws-y-Coed, though it might be more fun to search out a village workshop where one or two artisans apply their craft. Visitors are always welcome.

Back to London

Trains from the north of Wales aren't as convenient as the London-Cardiff run, but they do go frequently and connect with direct trains to London in nearby Birmingham. You can arrange beforehand to drop your car off (no extra charge) or drive back to London yourself. Take the Motorways if you're in a hurry, but be forewarned they're even more boring than long stretches of U.S. interstates.

To learn more about Wales, write to June Kear, British Tourist Authority, 680 Fifth Avenue, New York, New York 10019.



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Step 2



Step 3

STEP-BY-STEP COOKING

HOW TO USE A ROTISSERIE

Rotisserie-style roasting is easy once you master the technique of balancing the meat. Our step-by-step method for preparing *Horseradish-marinated Rib Roast* shows you how simple it is to get exceptionally flavorful results.





Step 4



Step 5

HORSERADISH-MARINATED RIB ROAST

Start the coals about 30 minutes ahead. To test for medium coals, hold your hand, palm side down, five inches above the coals. Begin counting "one thousand one, one thousand two," and so on. You should be able to keep your hand there for four seconds—

1 5- to 6-pound bone-in beef rib roast

• • •

½ cup dry white wine
½ cup tomato juice
¼ cup water
2 tablespoons prepared horseradish
1 tablespoon snipped parsley
1 clove garlic, minced
1½ teaspoons salt
¼ teaspoon pepper

• • •

½ cup dairy sour cream
1 tablespoon all-purpose flour

Step 1: Place meat in plastic bag; set in deep bowl. In a small bowl combine wine, tomato juice, water, horseradish, parsley, garlic, salt, and pepper. Pour mixture over meat; close bag. Marinate meat in refrigerator for at least 6 to 8 hours or overnight; turn several times to distribute marinade.

Step 2: Remove meat, reserving marinade. Pat meat dry with paper toweling. Insert spit rod into meat lengthwise *and* diagonally to offset bone's weight. Adjust holding forks to secure the meat.

Step 3: Test for proper balance by turning the rod in the palms of your hands. If the meat flops on turning, readjust the rod and the holding forks.

Step 4: Insert a meat thermometer near the center of the roast, but not touching metal rod or bone.

Step 5: Position a drip pan directly under where meat will be; place *medium* coals all around the drip pan. Attach spit about 5 inches from heat.

Step 6: Turn on motor; lower hood. Roast till meat thermometer registers 140° for rare (2 to 2½ hours), 160° for medium, or 170° for well done. Set aside *1 cup* of the marinade for sauce; brush roast frequently with remaining marinade during the last 30 minutes of roasting.

Step 7: Let meat stand, covered, 15 minutes before slicing. In a small saucepan combine sour cream and flour; blend in the 1 cup reserved marinade. Cook and stir over low heat till thickened and bubbly. Pass hot sauce with meat. Makes 10 to 12 servings.

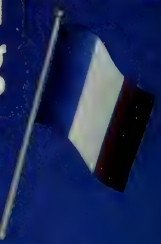
Hints for bone-in "meats"

- For a bone-in beef rib roast, have the butcher remove the backbone. The roast will be easier to balance on the spit, and simpler to carve later.
- An easy way to barbecue strips of ribs is to lace them accordion-style on the spit. Secure with holding forks.
- You can roast a bone-in leg of lamb or pork and loin roasts by diagonally inserting the spit rod as shown above for the bone-in beef rib roast. Adjust holding forks and test for balance.
- When spit-roasting spareribs or roasts, position the drip pan directly under where the meat will be and spread the hot coals around the drip pan. Place a dozen cold briquets around the outer edge of the hot bed of coals. Then, as needed during roasting, rake them into the other coals.

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A KEEPING ROOM KITCHEN

Marlen Simon wanted a real keeping room kitchen where the whole clan could congregate. "We like the cooking to be part of our entertaining, too. Watching food being prepared makes an evening," she says. Since the Simons' kitchen was too small for a dining area, they made room by bumping out two walls.



Photographs: Thomas E. Hooper. Architect: Svedberg-Vermeland. Source: Patricia Carpenter

◀ Surrounding the new dining area with glass opened up the kitchen and provided ample natural light for Marlen's gardening hobby. She stores her potting and houseplant equipment in the buffet to the right of the table. Hanging plants that love the sun are hung from hooks in the new glass bump-out. A roll-up shade on the slanted roof can be lowered by exterior ropes to protect the plants and diners from the hot summer sun.

Since the house is nestled back into a hilly wooded area, the Simons have no need for privacy draperies or shades. During the winter, the view from the dining area is spectacular. The Simons stock nearby trees and shrubs with feeders, so there's a plenitude of birds and squirrels.



▲ The L-shaped wall of the original house was carefully removed to salvage as much of the brick as possible. The old brick blends the new bump-out into the existing structure.

The glass roof is made from two panes of glass: the outside pane is tempered and the inside is laminated, shatterproof glass that can withstand a random baseball or football.

The photo, *above*, clearly shows how the roll-up shade on the roof can be manually raised and lowered by exterior ropes.

▲ All cooking activities are centered on the far wall of the kitchen. A gas cooktop is separated from the built-in ovens by a Corning insert, used for either hot pots or for chopping. Open shelving neatly surrounds the side-by-side refrigerator/freezer, giving this major appliance a built-in look and adding a decorative touch.

Since the family is involved in a variety of outside activities, Marlen insisted on easy-care materials to speed cleanup. Cabinets have no carving or grooves to collect grease and dirt; counter tops are plastic laminate. A sponge mop treatment every so often keeps the floor presentable.



▲ When the family is home for dinner, every member is expected to pitch in. The youngest children are in charge of table setting, so cabinets with dinnerware are child-height.



Real Ceramic Tile. It frees you from the tedium of home on the range.

The more places you use American Olean ceramic tile, the more you'll discover how carefree a kitchen can be. Glazed tile is perfect for around the range and behind it because grease wipes off with a sponge. It's sensible for counter tops because it can't burn, blister or scorch. And it's ideal for floors because it never needs waxing. And probably will never need replacing. Visit an American Olean Color Center listed in the Yellow Pages and see the hundreds of appealing tile colors, textures, and shapes. For three colorful brochures and plans for this kitchen mail 50¢ to: American Olean Tile Company, 2552 Cannon Avenue, Lansdale, Pa. 19446.

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Plate No. 1030

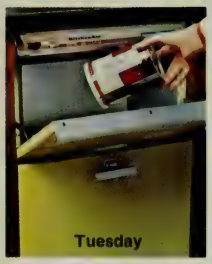
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Green tomato relish

Capture the unique taste of green tomatoes in this garden-fresh relish. Turmeric gives it a flavor similar to that of bread-and-butter pickles.



Photograph: Dieter

GREEN TOMATO-VEGETABLE RELISH

Serve this colorful relish with sandwiches or as an accompaniment to roast beef or pork—

- **8 green peppers, coarsely ground (3 cups)**
- **5 green tomatoes, coarsely ground**
- **3 large onions, coarsely ground**
- **1 small head cabbage, coarsely ground (3 cups)**
- **3 sweet red peppers, coarsely ground (1 cup)**
- **⅓ cup pickling salt**
- **3½ cups sugar**
- **2½ cups vinegar**
- **1 cup water**
- **4 teaspoons mustard seed**
- **2 teaspoons celery seed**
- **½ teaspoon ground turmeric**

In a large bowl stir together the green pepper, tomato, onion, cabbage, red pepper, and pickling salt. Cover and let stand overnight.

Thoroughly rinse and drain the vegetables. Place in a 5-quart Dutch oven. Stir together the sugar, vinegar, water, the mustard seed, celery seed, and turmeric; pour over vegetables. Bring to boiling; boil gently, uncovered, for 5 minutes.

Ladle hot vegetable mixture into clean, hot pint jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath for 15 minutes (start counting time when water returns to boiling). Makes 6 pints.



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ARTICHOKES A LA WAKEFIELD

(Main dish or salad)

1 pkg. (6 oz.) Wakefield Snow Crabmeat	1 T. mayonnaise
	1 t. lemon juice
	½ t. tarragon
4 oz. cream cheese	4 med. artichokes

Thaw crabmeat and drain; save liquid. Cook artichokes, chill, scoop out centers. Mix cream cheese, mayonnaise, lemon juice, tarragon, 5 oz. crabmeat and liquid. Fill centers with mixture. Garnish with remaining crab.

For more delicious weekends, send 25¢ to Wakefield Recipe Booklet, Dept. DR-100, C-10220, 1450 114th Ave S.E., Bellevue, WA 98004.



After 7 days sailing the Caribbean, we were sure glad we took a 14-day cruise.

We never felt or looked better in our lives.

We just sat back, and let our worries float out to sea. We were pampered when we wanted pampering. Left alone when we wanted to be alone.

And each island had its own unique charm. As we entered Port Antonio Harbor, we passed the home of that famous movie swashbuckler, Errol Flynn. And we loved that little rum factory in Haiti. They offered free samples.

And at night, we danced together like we haven't danced since high school. We were so full of energy we stayed up all night to watch the Caribbean moon say good morning to the awakening sun.

After seven days we were luxuriously relaxed, yet totally exhilarated. But we were even more exhilarated knowing we had seven more days to go.

See a travel agent soon. He'll tell you all about two-week cruises aboard Sun Viking or Nordic Prince.

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DECORATING

Powder room pattern play

A punchy wallpaper treatment is one way to give powder room status to a dull half-bath. Here are two good-looking examples.



Photograph: Jessie Walker

An extra high ceiling made this closet-size half-bath appear even tinier than it actually is. To visually lower the ceiling and unify the room, a bold abstract print was used on the ceiling as well as the walls. A horizontal shelf and wall-to-wall vanity cabinet provide storage space. The gathered fabric inset in the vanity conceals a radiator, and doors provide access to bathroom supplies. A large wall mirror helps expand the space.



Photograph: Hedrich-Blessing

Big, bouncy polka dots give this first-floor bath its lively good looks. The simple wallpaper pattern and its white background brighten and visually enlarge the windowless room. Dark cabinets, trim, and accessories accent the bath. The two-color scheme of the bathroom is repeated in the hallway to tie the two spaces together.

THIS FAMILY OF VOLVO OWNERS HAS ONE MILLION MILES ON IT.



Some years ago, Barry Vandenberg, an insurance agent from Oxnard, California, decided on some life insurance for his family.

He wanted his whole family to drive Volvos, because he felt Volvos were the safest cars on the road.



Sure enough, as the Vandenberg children reached driving age, the Volvo population exploded. Today the Vandenbergs own seven Volvos, with a total of one million miles on them.

"These Volvos are still running beautifully, even after all those hard miles," says Mr. Vandenberg. "More importantly, Volvo's safety features help me sleep better at night. My kids are too old to coddle. But they'll never be too old to protect."

Statistics show that 9 out of 10 people who have bought new Volvos are happy, especially with Volvo's safety features.

Building roomy, dependable, safer family cars has always been a Volvo tradition.

It's nice to see that for some families, buying them is a tradition, too.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



NEW ADVENTURES IN NEEDLEPOINT

BY NANCY LINDEMEYER, DEBORAH DUGAN, AND ANN LEVINE

As you will see on the following pages, needlepoint is a lively art. And when you set out to create something new and different with this versatile stitchery technique, you're bound to have a wonderful time and get great results, just as we did. While we were cultivating some fresh new stitchery ideas, look what cropped up—a bold victory garden brimming with great designs. This handsome wall hanging, worked with one basic stitch in wool yarn on number 10-count canvas, is just one of the terrific projects in our needlepoint adventure. There's more to come, including ways to harvest a bushel of projects from these patterns. **How-to for all projects begins on page 116.**

Designs: Curt Boehringer. Photographs: Mike Dieter

FRESH FROM THE GARDEN A CROP OF GREAT NEW DESIGNS

We handpicked designs from the wall hanging on page 73 and translated them into a beautiful quick-point rug and matching pillows. The secret of growing a large rug from a small wall hanging is to up the canvas size—we changed to number 5-count rug canvas. We also switched to polyester yarn, which keeps the price of the project affordable. The four sections are worked separately, then sewn together. Stitch all 16 squares for an area rug or adapt a few to make a throw rug. **How-to begins on page 116.**




sun
flower
sun
flower

NEW ADVENTURES IN NEEDLEPOINT

LOVABLE BEARS TO STITCH & STUFF

Who could resist this delightful forest family? The bears are made of needlepoint pieces that are cut and sewn together to give just the right amount of shape and dimension. All three sizes are stitched from the same pattern (just vary the size of the canvas) and can be used in many different ways—as toys, ornaments, pillows, or sachets. Stitch a front and back for each bear and sew the two sides together; then add a bit of stuffing so your needlepoint pet is bear-ly plump.

For bear facts and how-to, see page 122.

To order bear kits and furniture how-to, see page 32.

Designs: Shelley Thornton. Photograph: William Hopkins




Home
Sweet
Home

NEW ADVENTURES IN NEEDLEPOINT

A POTPOURRI OF PROJECTS FOR YOUR HOME



Here's a vibrant bouquet for flower fanciers as well as needlepoint buffs. Each individually worked canvas petal is covered with easy bargello-type stitches. The petals are then grouped together with quick-stitched leaves and yarn-wrapped wire stems to form graceful blossoms that rival nature's own.

Making these delicate mosaic-pattern boxes will lead you through a world of needlepoint stitches and introduce you to geometric patterns and complementary color schemes. The square box displays two patterns—one for the sides and one for the lid. The round box, stitched into circular shapes, is a bit more challenging but well worth the extra time.

Straight from the heartland of America comes this lovely summer scene, combining many different materials and techniques. Wander through the mountains and lake and learn a variety of textured stitches as well as how to mix and match various threads. Feel free to add your own special touches, including anything that reminds you of your own home sweet home. You can use our directions or a handy kit.

To order heartland kit, see page 32.

(Complete how-to for all projects begins on page 116.)





Designs: Shirley Lippincott (left); Jody House (top); Catherine Knowles (bottom). Photographs: Mike Dieter

A GUIDE TO COLORFUL



CRAB APPLES

By Steven Coulter

Ornamental crab apples are great little landscapers. They can soften a harsh corner, screen an unpleasant view, frame a doorway, line a drive, attract birds, or simply serve as individual beauty spots to enhance a lawn or outdoor living area.

These handsome little trees offer a bonus of fragrant springtime blossoms. Many varieties bloom the first year, so pick and plant some now for color next spring. If you want crab apples for making jellies and preserves, choose large-fruited varieties such as Whitney, Chestnut, Dolgo, or Hyslop. Whitneys ripen in late July and have been used for pickled whole apples for generations. Crab apples are self-pollinating, a plus if your space is limited because you will need only one tree to get fruit.

The average crab apple reaches about 15 feet tall and spreads 15 feet wide. If you don't have that much space, choose a dwarf variety such as the white-blooming Sargent *(Malus sargenti)*, which attains an eight-foot height; or one with an upright, almost columnar growth habit, like White Candle or Pink Spires.

There's also a weeping crab, Red Jade, which has a showy display of white flowers in spring, followed by tiny bright red fruits that polka-dot the long pendulous branches in late summer. The fruits, not the flowers, give Red Jade its name.

Photographs: William Hopkins; Bill Maris. Source: Bonnie Maharam











A GUIDE TO COLORFUL

CRAB APPLES

On most crabs, flowers appear while leaves are young and small, so trees are often a solid mass of fragrant color. Some crabs appear to change color as they bloom. Double-flowering Van Eseltine, for example, produces red buds, which open to pinkish white. Barbara Ann's carmine buds open to rose-red. Double-flowering Katherine's pale pink fades to white. Profusion's deep red buds open purplish red, then fade to purplish pink. Snowcloud's pink buds open to white. Pink Perfection's double pink blooms start as red buds.

Foliage color also offers a choice. Along with its red buds which open to rosy red, Radiant features purplish red leaves which turn green as they mature. For even darker foliage, plant red-flowered Royalty, whose leaves are purple in spring, then change to purplish green in midsummer, then back to lustrous purple in autumn.

Crabs are extremely hardy, and most can be grown as far north as southern Canada. They don't need winter protection (other than mesh cylinders to protect their tender bark if your area is frequented by hungry rabbits or other herbivorous animals).

In late winter, when buds show some signs of life, cut a few branches and enjoy an early spring indoors. Select branches that you would remove or shorten anyway during regular pruning. Slit the base of each branch and pound the end with a

continued on page 142



ROOM ARRANGEMENTS



Photograph: Jessie Walker. Design: Jack Wozniak and Associates

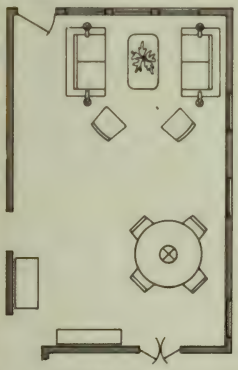


HOW TO MAKE THE MOST OF YOUR SPACE

By Shirley Van Zante and Laurel Lund

Space is a precious commodity, particularly when you're trying to create a warm and inviting home environment. But it's not the amount of space you have; it's how you use it that counts. And that's what furniture arrangement is all about.

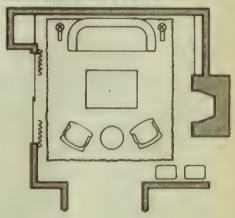
Although there is no "right" way to plan a room scheme, there are some room arrangement principles that always apply. On the following pages, we'll illustrate how these commonsense precepts can help you make the most of your space.



If lack of living space has you climbing the walls, it's time to rethink your furniture selection. Proper scale, balance, and proportion are essential ingredients in any room scheme.



Photograph: Fred Lyon. Design: Marlene Grant, ASID. Source: Barbara East Cathcart



In this pocket-size living area, *opposite,* a limited number of small-scale furnishings helps make maximum use of space. A pair of sofas facing each other at right angles to the window wall keeps guests close enough for quiet conversation and helps divert traffic on the left. Two chrome-and-cane armchairs are pulled up for additional seating. Because the chairs are light in scale—with no cumbersome cushions or to-the-floor fabric to add to their size—they take up little visual or actual space.

Another space-stretcher is the clear Lucite coffee table. Although its surface provides plenty of space for snacks and collectibles, the clear material makes the table almost invisible.

The lofty ceiling in this small two-story living area, *above,* may *visually* increase its size, but it can't alter the room's 14x14-foot dimensions.

To make the modest-size room look bigger and yield more living space, the homeowners used low-key colors and pared furnishings to the minimum. The major furniture piece is a standard-size roll-arm sofa that rests against the room's only uninterrupted wall. Two small-scale occasional chairs opposite the sofa provide extra seating for guests.

Throughout the room, the use of pale, neutral colors also helps create the illusion of expanded space. Smart-looking camel fabric on the walls softens the boxy outlines of the room. The beige sofa blends quietly into the background, as does the handsome Bokhara rug that anchors the furniture arrangement.

Buying information, page **144**



Photograph: Fred Lyon. Design: Sudie Woodson Interiors. Source: Barbara East Cathcart

HOW TO MAKE THE MOST OF YOUR SPACE

Short on wall space? If so, try putting floor space to work instead. In this large living area, *opposite,* cut up with awkwardly spaced windows and doors, the homeowners "floated" the furniture in the center of the room. Unorthodox as the arrangement may seem at first, it works. Not only does it make imposing space more inviting; it also helps direct traffic in and out of the room.

A blue-and-white-print sofa fronts the floor-to-ceiling fireplace—the natural focal point of the room. The placement directs traffic behind the sofa and allows access to a patio beyond the French doors. (See plan).

Matching light-scale occasional chairs, plus a treasured antique rocker, flank the sofa to create a U-shaped conversation area.



A handsome Chinese area rug in front of the sofa anchors the floating furniture arrangement.

If you're faced with arranging furniture in an oversize space, divide and conquer by creating several "rooms" within a room.

That's the tactic that was used in this rectangular room, *above.* The homeowners upped its livability by selecting large-scale furniture and arranging it to create several different areas of activity.

In place of light-scale chairs and tables, a sofa and two love seats were chosen for seating. A large sofa, placed opposite the old-fashioned stone fireplace, balances its eight-foot width and makes the hearth the focal point of the room scheme. One love seat, set at a right angle to the wall, helps square up the long, narrow space by creating an artificial room boundary. The seating piece also creates a perfect spot behind it for the family music center/library. The grand piano now tucks neatly into one corner, while opposite, a recessed wall of built-ins houses books.

Buying information, page 144







Photograph: Fred Lyon. Design: Judi Hinkle. Source: Barbara East Cathcart



HOW TO MAKE THE MOST OF YOUR SPACE



Sometimes the best way to start a room reorganization is to toss out a cliché. For instance, tradition has it that furniture should be lined up around the walls; but that isn't always the best use of space. Flexible, modular furnishings can open up great new options.

On this page, we illustrate just how adaptable modular furniture can be. We've created two different decorating looks for one 16x20-foot country-style room. And we did it by simply rearranging the same pieces from a modular seating system designed by John Mascheroni for *Simmons.*

To form this U-shaped conversation group, *opposite,* six upholstered modular pieces were put together. The diagonal placement allows space for traffic to flow freely in front of the seating pieces without interrupting conversation. And, the off-center arrangement leaves a corner niche near the fireplace (see plan) for dining at the circular table.

Above, the same modular pieces were rearranged to create a V-shaped conversation grouping. Because the seating faces the fireplace—a natural center for the scheme—the sofa backs serve as a barrier to direct room traffic *around,* not through, the furniture arrangement.

Buying information, page 144





Photographs: Semarco. Design: John Mascheroni. Builder: Atlantic Road Enterprises, Bridgehampton, L.I., N.Y.

THREE PRIZE-WINNING COOKS SHARE THEIR BEST RECIPES

BY MARLENE BROWN

Out of the kitchens of Luana Impellizzeri, Alberta Dunbar, and Lillie Crowley comes some of the best home cooking in America. Between them, these prizewinning amateurs, who hail from New York, California, and Texas, respectively, have been collecting scores of ribbons at fairs for over 35 years. Fortunately, these great American cooks were willing to share their most treasured recipes —the best fare from the fairs. Sample some and judge for yourself.

Pie judging is a filling occupation for judges at the New York State Fair.





LUANA IMPELLIZZERI'S BEST-OF-SHOW BAKED SPECIALTIES

"Some people read fiction—I read cook books," says Luana Impellizzeri, a ten-year veteran winner in the New York State Fair Culinary Arts Competition. A glance at any of her cook books reveals handwritten notes in the margins to highlight ideas and special points Luana will refer to later. This Syracuse homemaker researches recipes all year in anticipation of the next fair go-round.

Luana began entering the food contests at fairs via the crafts division, where she won ribbons for her knitting, crocheting, and embroidery. One year she noticed the food competition in the booth next door and decided to don an apron. Now, says Luana, competing with about 250 other food contenders is "a big thing for us." Her husband Tony also collects top awards for his canned home grown fruits and vegetables.

Luana's only formal training was an adult education course in baking and cake decorating. She specializes in yeast breads, cakes, and pies. With two growing boys, aged 11 and eight, Luana is very nutrition-conscious, so her recipes often feature whole grains and other wholesome ingredients.

It's obvious that Luana's cooking suits the contest judges as well as her family. Flanked by a sampling of Luana's blue ribbons from the Culinary Arts competition are: **Honey Applesauce Cake,** studded with nuts and raisins *(top),* Luana's hearty **Whole Wheat Carrot Cake,** dusted with powdered sugar *(right center),* spectacular three-layer **Orange Chiffon Cake** *(bottom right),* fragrant **Grand Champion Dill Bread** *(bottom left),* and crusty **Whole Wheat Honey Bread** *(center left).* **Recipes begin on page 96.**





THREE
PRIZE-WINNING COOKS
SHARE THEIR BEST RECIPES

You don't have to be a pastry expert to make Alberta's stunning desserts —how-tos are included in the recipes.

Spiced Wine Cake *(top left)* has a heady aroma of wine and spices. Orange-filled Torte *(right center)* holds a sumptuous liqueur filling. Harvey Wallbanger Pie *(bottom right)* has the unmistakable flavor of the classic drink. Two lemon layers fill Double Lemon Pie *(bottom left)*. Tortilla Fried Pies *(center left)* swing Mexican-style with an easy fruit filling.

Oven-baked specialties await the food judges' appraisal at the Los Angeles County Fair.



ALBERTA DUNBAR'S
BLUE-RIBBON DESSERTS

"I just get out the pot and start cooking," says Alberta Dunbar of San Diego, California. "If anyone asks me for the recipe, I just tell them to come on into the kitchen and I'll show them how to do it." But after winning as many as 100 ribbons at two county fairs in a single year, she's been forced by numerous requests to put the recipes on paper.

Alberta says she learned her cooking craft "in self-defense because my mother never did learn to be a good cook." With four children, this self-taught expert had a good deal of practice in cooking, baking, and canning.

For a time, the Dunbars were involved in restaurants, "from running them to washing the dishes." After retiring from the police department, husband Gale began a second career in the press box at the racetrack, and Alberta found herself spending weeks at a time at California county fairs. Finally she decided to get busy and began entering the fair food contests where she competed with as many as 1,500 other cooks. Alberta relished the challenge. Now, preparing and planning her entries for the upcoming fairs is a year-round activity.

Alberta admits she never follows even her own recipes to the letter. "I'm always adding a little something to make them come out a little different, a little better." But we guarantee that if you follow her recipes, pictured opposite, you'll be thrilled with the scrumptious results.

Recipes begin on page 100

Photographs: de Gennaro. Food Stylist: Mable Hoffman. Source: Pauline Graves





THREE
PRIZE-WINNING COOKS SHARE THEIR BEST RECIPES

LILLIE CROWLEY'S WINNING WAYS WITH VEGETABLES

"After tending to chores," Lillie says, "we do what we enjoy—plan family entries for the fair." Pictured at right are some favorites that delighted the judges. Son Jimmy's blue-ribbon-best Picante Sauce *(top)* is made with cherry tomatoes. Lillie's unusual Soul 'Tater Salad *(right)* features yellow or white sweet potatoes. Daughter Roberta's Sauerkraut Soup *(bottom)* boasts potatoes and smoked sausage. Crowley Farm Salad has a blender-fresh Coriander Dressing *(left)*.

The Cuellar brothers are veteran chili tasters at the Texas State Fair.



Lillie Crowley has won so many honors at the State Fair of Texas that she has retired from the cooking competition. What began as a project to raise money for a new church (she and others entered the fair contest and donated their winnings to the church building fund) developed into a 20-year career of winning ribbons—so many, in fact, that she's lost count of the total. Now this busy mother of 14 is locally renowned for her cooking and has assumed the role of food expert "emeritus." Each day of the Texas fair, she conducts a cooking show to capacity crowds.

Lillie is the oldest of ten children and can remember the old-world dishes her Czech grandmother used to make. "My mother and I have preserved a lot of the recipes," Lillie says. As a child, she helped grow the family produce, and meals were built around what was available from the vegetable garden. That experience accounts for her flexible and imperturbable approach to cooking; she's adept at ad-libbing to suit the moment and the ingredients on hand. Evidently her culinary philosophy has won converts. Her children and husband Paul enthusiastically share her love of cooking, and most members of the family have collected ribbons of their own.

A typical Crowley spread is likely to include fresh-picked produce from their prolific garden, a nearby farm, or a country roadside. In the photo above, Lillie presides over some of the 1,000 jars of homegrown vegetables and fruits she and her children canned last year. Some of the bountiful harvest of organically grown herbs, vegetables, and fruits is also sold at the Farmer's Market in Dallas, where the Crowley produce is high in demand.

Recipes begin on page 104.

Photographs: Helms



THREE PRIZE-WINNING COOKS SHARE THEIR BEST RECIPES

LUANA IMPELLIZZERI'S BAKED SPECIALTIES

HONEY APPLESAUCE CAKE

Whole wheat flour, raisins, applesauce, and nuts give this heavy, moist cake its down-home flavor—

½ cup shortening
1 cup honey
2 eggs
2¼ cups whole wheat flour
⅓ cup nonfat dry milk powder
1 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground cloves
1 cup applesauce
1 cup raisins
1 cup chopped walnuts
1 cup sifted powdered sugar
¼ teaspoon vanilla
1 to 2 tablespoons milk

In a large mixer bowl beat shortening with honey on high speed of electric mixer till light and fluffy. Beat in eggs, one at a time, beating well after each addition. In another bowl stir together flour, nonfat dry milk powder, soda, baking powder, salt, cinnamon, and cloves; add to creamed mixture alternately with applesauce, beating well after each addition. Fold in raisins and nuts. Pour batter into a greased and floured 10-inch tube or 12-cup fluted tube pan. Bake in a 325° oven for 35 to 45 minutes or till cake tests done. Immediately turn out onto wire rack; cool. In a small bowl stir together powdered sugar, vanilla, and enough milk to make a glaze consistency. Drizzle over cooled cake.

WHOLE WHEAT CARROT CAKE

This winning cake is so moist and hearty it doesn't need a frosting—

1 cup cooking oil
1 cup granulated sugar
1 cup packed brown sugar
1 teaspoon vanilla
4 eggs
2 cups whole wheat flour
⅓ cup nonfat dry milk powder
1 teaspoon baking soda
1 teaspoon baking powder
2 teaspoons ground cinnamon
3 cups finely shredded carrots
1 cup chopped walnuts
Powdered sugar

In a large mixer bowl blend oil, granulated sugar, and brown sugar on low speed of electric mixer till mixed. Add vanilla; beat in eggs, one at a time, beating well after each addition. In another bowl stir together flour, milk powder, baking soda, baking powder, 1 teaspoon *salt,* and cinnamon. Add to egg mixture till well blended. By hand, stir in carrots and walnuts. Pour batter into a greased and floured 10-inch tube pan or 12-cup fluted tube pan. Bake in 350° oven for 50 to 60 minutes or till cake tests done. Cool in pan; invert onto serving plate. Sprinkle sifted powdered sugar atop.

ORANGE CHIFFON CAKE

Be sure to let the whipping cream come to room temperature before using it for the frosting so the frosting mixture doesn't curdle—

2¼ cups sifted cake flour
1½ cups sugar
1 tablespoon baking powder
½ cup cooking oil
5 egg yolks
1 teaspoon finely shredded orange peel
¾ cup orange juice
1 teaspoon orange extract
1 teaspoon vanilla
8 egg whites (1 cup)
½ teaspoon cream of tartar
1 recipe Whipped Cream Frosting
1 recipe Orange Filling
Mandarin orange sections (optional)

In a large mixing bowl sift together flour, sugar, baking powder, and 1 teaspoon *salt.* Make a well in center of dry ingredients; add oil, egg yolks, orange peel, orange juice, orange extract, and vanilla. Beat on high speed of electric mixer about 5 minutes or till smooth; wash beaters thoroughly. In another large mixing bowl beat egg whites with cream of tartar to stiff peaks (tips stand straight). Pour egg yolk mixture in a thin stream over entire surface of egg whites, gently folding in yolk mixture to blend. Pour batter into an *ungreased* 10-inch tube pan. Bake in a 325° oven for 65 to 70 minutes or till cake springs back when lightly touched. Invert cake in pan; cool in pan thoroughly. Remove from pan. Split cake horizontally into three layers. Set aside *1 cup* of the Whipped Cream Frosting for garnish. Place first layer on serving plate; frost with a thin layer of Whipped Cream Frosting. Spread *half* of the Orange Filling atop. Top with second cake layer; spread with a thin layer of frosting and remaining filling. Top with third cake layer. Frost sides and top of cake with remaining frosting. Using pastry tube and star tip, pipe reserved frosting around top and bottom edge of cake and pipe four swirls atop. Garnish top and bottom of cake with mandarin orange sections, if desired. Chill till serving time.

To make Whipped Cream Frosting: In a small saucepan sprinkle 1 envelope *unflavored gelatin* over ½ cup *water* to soften. Cook and stir over low heat till gelatin is dissolved. Remove from heat; *gradually* blend in 4 cups *room temperature whipping cream;* chill. In a large mixer bowl place chilled cream mixture, 1 teaspoon *vanilla,* and 1 teaspoon *orange extract*; gradually add ¼ cup *sugar,* beating to stiff peaks. Makes 7 cups frosting.

To make Orange Filling: In a medium saucepan stir together 1 cup *sugar* and ¼ cup *cornstarch.* Chop 1 small unpeeled *seedless orange;* grind in blender or food processor, or put through food grinder. In saucepan combine ground orange with 1¼ cups *orange juice,* and ¼ cup *cold water.* Cook and stir till thickened and bubbly; cook 2 minutes more, stirring occasionally. Remove from heat. Cover surface with waxed paper or clear plastic wrap. Cool. Makes 2⅔ cups filling.

continued



ood Ideas Keep Popping Up.



Children know a good idea when they taste it—Velveeta process cheese spread from Kraft. And if one idea is good, four are better.

Give a simple Velveeta sandwich variety with a layer of coleslaw and bologna.

Tuna casserole is one good idea that deserves another—a sauce of Velveeta, milk, and mushroom soup mixed with noodles, flaked tuna, chopped onion and peas and carrots.

Make Sloppy Joes really neat by adding slices of Velveeta on top. This recipe is extra special because of sliced frankfurters and pickle relish added to the basic ground beef and barbecue sauce recipe.

Super Velveeta ideas come in all forms—including soup. This one starts with a simmering of potatoes, celery and carrots that's blended with cream of chicken soup and cubed Velveeta.

Full of good flavor, wholesomeness and good ideas, Velveeta is another reason America spells cheese KRAFT.

No wonder Velveeta is so popular.

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MERIT
Kings & 100's

ontinued

Prizewinning cooks

RAND CHAMPION DILL BREAD

perfect partner for salads or soups—

package active dry yeast
cup warm water (110° to 115°)
¼ to 3 cups unbleached *or* all-purpose flour
cup dairy sour cream
egg
small onion, finely chopped (¼ cup)
tablespoons sugar
tablespoon butter *or* margarine, softened
tablespoon dillseed
tablespoon dried dillweed
teaspoon salt
beaten egg yolk

In a large mixing bowl dissolve yeast the ¼ cup warm water. Stir in *1 cup* the flour, the sour cream, egg, onion, ugar, butter or margarine, dillseed, illweed, and salt. Beat by hand till ell blended. Stir in as much of the remaining flour as you can mix in with a spoon. Turn dough out onto a lightly floured surface; knead in enough of the remaining flour to make a moderately stiff dough. Continue kneading about 5 to 8 minutes or till smooth and elastic. Place dough in a greased bowl, turning once to grease surface. Cover; let rise in a warm place 1¼ to 1½ hours or till double. Punch down; divide into three equal pieces. Cover; let rest 10 minutes. On a lightly floured surface roll each piece of dough to an 18-inch-long rope. Place the three ropes side by side on a large baking sheet; braid ropes loosely from the center to ends. Press rope ends together to seal. Cover; let rise in a warm place about 30 minutes or till nearly double. Combine the egg yolk and 2 teaspoons *water;* brush atop loaf. Bake in a 350° oven for 35 to 40 minutes or till golden and loaf sounds hollow when lightly tapped. Makes 1 large loaf.



WHOLE WHEAT HONEY BREAD

2 packages active dry yeast
2½ cups warm water (110° to 115°)
⅔ cup nonfat dry milk powder
½ cup all-purpose flour
½ cup soy flour (optional)
1½ teaspoons salt
½ cup cooking oil
¼ cup honey
1 egg
5½ to 5¾ cups whole wheat flour

In a large bowl dissolve yeast in warm water. Stir in nonfat dry milk powder, all-purpose flour (use ⅔ cup if not using soy flour), soy flour if desired, and salt. Combine oil, honey, and egg; add to yeast mixture. Beat

continued

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continued

Prizewinning cooks

well by hand. Stir in as much of the whole wheat flour as you can mix in with a spoon. Turn dough out onto a lightly floured surface; knead in enough of the remaining whole wheat flour to make a stiff dough. Continue kneading 5 to 8 minutes or till smooth and elastic. Place dough in a large, greased bowl, turning once to grease surface. Cover; let rise in a warm place about 1 hour or till nearly double. Punch down. On a lightly floured surface, divide dough in half; shape into two loaves. Place loaves, seam side down, in two greased 9x5x3-inch loaf pans. Cover; let rise in a warm place about 45 minutes or till nearly double. Bake in a 350° oven for 35 to 40 minutes, or till loaves sound hollow when lightly tapped (cover loaves with foil the last 10 minutes to prevent overbrowning). Immediately turn out onto wire racks; cool. Makes 2 loaves.

ALBERTA DUNBAR'S DESSERTS

SPICED WINE CAKE

2½ cups sifted cake flour
1½ cups granulated sugar
1 tablespoon baking powder
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground allspice
¼ teaspoon ground cloves
¾ cup white wine
½ cup shortening
1 tablespoon molasses
1½ teaspoons vanilla
¼ cup milk
2 eggs

• • •

1 3-ounce package cream cheese, softened
¼ cup butter *or* margarine, softened
1 16-ounce package (4¾ cups) powdered sugar, sifted
3 tablespoons milk
½ cup ground pecans
½ cup chopped pecans (optional)

In a large mixer bowl stir together flour, the granulated sugar, the baking powder, 1 teaspoon *salt*, and spices. Add wine, shortening, molasses, and vanilla; beat on medium speed of electric mixer for 2 minutes. Add the ¼ cup milk and the eggs; beat 2 minutes more. Pour batter into two greased and floured 9-inch round cake pans. Bake in 350° oven for about 25 minutes or till cake tests done. Cool in pans 10 minutes. Remove from pans to wire racks; cool completely.

Meanwhile, prepare frosting. In a medium mixer bowl beat together cream cheese and butter or margarine with electric mixer till light and fluffy. Gradually beat in powdered sugar and the 3 tablespoons milk till smooth. (If necessary, add a little more milk to make of spreading consistency.) Reserve *1 cup* of the frosting mixture; stir *ground* pecans into remaining frosting. Spread pecan mixture between layers on sides, and on top of cake. Using pastry bag fitted with a star tip, pipe reserved frosting in a border around top and bottom edges of cake, adding a little powdered sugar, if necessary, to make of piping consistency. Sprinkle the ½ cup *chopped* pecans atop cake if desired.

)RANGE-FILLED TORTE

This cake features an orange filling ith marmalade and orange liqueur—

- ¼ cup shortening
- ½ cups sugar
- ½ teaspoons vanilla
- ¼ cups sifted cake flour
- tablespoon baking powder
- teaspoon salt
- cup milk
- egg whites

• • •

- ¼ cup sugar
- tablespoons cornstarch
- ¼ cup water
- ¼ cup orange marmalade
- beaten egg yolks
- tablespoons orange liqueur
- tablespoon lemon juice
- tablespoon butter *or* margarine
- ½ cup flaked coconut
- ½ cup chopped pecans

• • •

- ½ cups sugar
- egg whites
- teaspoons light corn syrup *or* ¼ teaspoon cream of tartar
- ⅓ cup cold water
- teaspoon vanilla

• • •

- Maraschino cherries (optional)
- Mandarin orange sections (optional)

For cake: In a large mixer bowl ream shortening, the first 1½ cups ugar, and the 1½ teaspoons vanilla vith electric mixer till light and fluffy. n another bowl sift together flour, aking powder, and the 1 teaspoon alt; add to creamed mixture alter- ately with milk, beating well after ach addition. Wash beaters thorough- y. Beat egg whites to stiff peaks (tips tand straight). Gently fold egg whites, *alf* at a time, into flour mixture. Di- ide batter evenly between three reased and floured 9-inch round cake ans. Bake in 375° oven for 15 to 20 inutes or till cake tests done. Cool in ans 10 minutes. Remove from pans to wire racks; cool completely.

Meanwhile, prepare filling. In a me- ium saucepan combine the ¼ cup ugar, the cornstarch, and a dash *salt;* nix well. Stir in the ¾ cup water and marmalade; cook and stir over medium eat till mixture boils. Reduce heat; ook 2 minutes, stirring occasionally. Add *half* of the orange mixture to egg olks; return all to saucepan. Cook till ontinued



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MAGIC PUFF TUNA SANDWICH

- 1 can (6½ oz.) tuna, drained
- 2 cups shredded Cheddar cheese
- ¼ cup sliced celery
- ¼ cup chopped onion
- 3 tbsp. lemon juice

MAGIC PUFF ITALIAN SANDWICH

- 3½ oz. sliced pepperoni, cut up
- 2 cups shredded mozzarella cheese
- ½ cup sliced ripe olives
- ½ cup chopped green pepper
- ½ tsp. Italian seasoning
- ¼ tsp. garlic powder

Heat oven to 450°. Mix 1¼ cups Bisquick* baking mix, ¼ cup mayonnaise or salad dressing and 1 egg. Stir in the ingredients from one of the variations (above). Spread mixture evenly over 6 slices bread.

Bake on ungreased cookie sheet until puffy and golden brown, about 10 minutes. Garnish as desired. Serve immediately. 6 open-face sandwiches.

High Altitude Directions (3500 to 6500 feet): Heat oven to 475°. Stir 2 tbsp. flour into baking mix. Bake 10 to 12 minutes.

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continued

Prizewinning cooks

bubbly; cook 2 minutes more. Remove from heat; stir in orange liqueur, lemon juice, and butter or margarine. Fold in coconut and pecans; mix well. Cover surface with waxed paper or clear plastic wrap. Cool.

To prepare frosting: In top of a double boiler combine the last 1½ cups sugar, the 2 egg whites, corn syrup, and a dash *salt*. Add the ¼ cup cold water; beat ½ minute at low speed of electric mixer to blend. Place over boiling water (water in bottom of double boiler should not touch top pan). Beating constantly at high speed of electric mixer, cook about 7 minutes or till frosting forms stiff peaks (tips stand straight). Remove from heat; add the 1 teaspoon vanilla. Beat about 2 minutes more or till spreading consistency.

To assemble cake: Place one cake layer on serving plate; spread *half* of the orange filling mixture over. Top with second cake layer; spread remaining filling over. Top with third cake layer. Reserve 1½ cups frosting for garnish; frost sides and top of cake with remaining frosting. Use reserved frosting to pipe a border around top and bottom edges of cake. Garnish cake with maraschino cherries and mandarin oranges, if desired.

HARVEY WALLBANGER PIE

If you're using a pastry tube for garnishing, fill it just half full of the whipped cream for ease in handling—

½ cup sugar
1 envelope unflavored gelatin
¼ teaspoon salt
½ cup orange juice
¼ cup water
3 slightly beaten egg yolks
2 teaspoons lemon juice

• • •

¼ cup Galliano
2 tablespoons vodka
3 egg whites
¼ cup sugar
1 cup whipping cream
1 9- *or* 10-inch pastry shell, baked and cooled
1½ cups whipping cream
Orange slices, quartered (optional)

In a medium saucepan combine the ½ cup sugar, the gelatin, and salt. Stir in orange juice, water, egg yolks, and lemon juice; blend well. Cook and stir over medium heat till gelatin dissolves and mixture is slightly thickened. Remove from heat; stir in Galliano and vodka. Chill till partially set (consistency of unbeaten egg whites). Beat egg whites to soft peaks (tips curl over); gradually add the ¼ cup sugar and beat to stiff peaks (tips stand straight). Fold egg white mixture into partially set gelatin mixture. Beat the 1 cup whipping cream to soft peaks (tips curl over). Fold whipped cream into gelatin mixture. Chill till mixture mounds when dropped from a spoon. Turn into pastry shell; chill 4 to 5 hours or till firm.

Beat the 1½ cups whipping cream to soft peaks (tips curl over). Using a pastry tube with a large star tip, pipe cream over top of pie and around edge (or, spoon cream in mounds over top of pie). Garnish with orange slices, if desired. Chill till serving time.

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Other cakes may be moist but they're not SuperMoist.® It's the moistest layer cake ever from Betty Crocker.®



Betty Crocker

SuperMoist Chocolate-Nut Browni

1 package SuperMoist devils food cake mix
½ cup margarine or butter, softened
¼ cup packed brown sugar
¼ cup water
2 eggs
¾ cup finely chopped nut
1 container Creamy Delu chocolate ready-to-spre frosting
½ cup finely chopped nut

Heat oven to 375° Grease and flour baking pan, 13x9 inches. Mix about half of the cake mix (dry), the margari brown sugar, water and eggs in large bowl until smooth. S in remaining cake mix and ¾ cup nuts. Spread evenly in p Bake until top feels firm when touched, 25 to 30 minutes (not overbake). Run knife around edges while warm to loo sides. Cool; spread with frosting. Sprinkle with ½ cup n Cut into bars, about 3x1½ inches. 2 dozen bars.

High Altitude Directions (3500 to 6500 feet): No adjustme are necessary.

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DOUBLE LEMON PIE

You'll get two pies from this recipe—

1 14-ounce package (4 cups) flaked coconut
6 tablespoons butter *or* margarine, melted

• • •

1 8-ounce package cream cheese, softened
1 14-ounce can *sweetened condensed* milk
1 6-ounce can lemonade concentrate, thawed
1 4-serving-size package *instant* lemon pudding mix
⅓ cup rum
2 tablespoons Galliano
2 tablespoons finely shredded lemon peel
1 4½-ounce container frozen whipped dessert topping, thawed

• • •

2½ cups sugar
½ cup cornstarch
⅓ cup all-purpose flour
½ teaspoon salt
3 cups water
8 slightly beaten egg yolks
½ cup lemon juice
2 tablespoons butter *or* margarine
2 tablespoons finely shredded lemon peel
Few drops yellow food coloring (optional)

• • •

Lemon slices (optional)
Fresh mint leaves (optional)

To make crusts: In a large bowl combine coconut and the 6 tablespoons melted butter or margarine; press mixture on bottom and sides of two 9-inch pie plates. Bake in 325° oven for about 20 minutes or till golden; cool.

To make cheese filling: In a medium mixer bowl beat cream cheese on medium speed of electric mixer till fluffy; add condensed milk and beat well. Add lemonade concentrate, lemon pudding mix, rum, Galliano, and the first 2 tablespoons lemon peel; beat till smooth. Fold in thawed whipped topping; pour *half* the mixture into each cooled pie shell. Cover; chill 3 to 4 hours or till firm.

To make second filling: In a 3-quart saucepan combine sugar, cornstarch, flour, and salt. Gradually add the water, stirring till smooth. Bring mixture to boiling over medium-high heat, stirring constantly; boil 1 minute. Remove from heat; slowly stir about 2 *cups* of the hot mixture into egg yolks and return all to saucepan. Blend well. Cook over medium-high heat, stirring constantly about 5 minutes till mixture is thick and bubbly. Remove from heat; stir in lemon juice, the 2 tablespoons butter or margarine, and the remaining lemon peel. Add a few drops yellow food coloring, if desired. Cover surface with waxed paper or clear plastic wrap; cool completely.

Using a pastry tube fitted with a large star tip, pipe *half* of the mixture over each pie. (Or, spoon over each pie.) Chill. Before serving, garnish each pie with lemon slices and mint leaves, if desired.

TORTILLA FRIED PIES

Use your favorite flavor of prepared pie filling in these easy, Mexican-style pastries

4 cups all-purpose flour
2 teaspoons salt

continued

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sugar and cinnamon; sprinkle over cooked pies. Serve warm or cool. Makes 18 pies.

1 to 2 cloves garlic
½ cup vinegar
1 teaspoon salt
1 teaspoon sugar
Dash dried oregano, crushed
Dash cayenne
Dash ground cumin

In blender container, food proces… or food grinder, coarsely grind … peeled tomatoes. Add green pepp… onion, jalapeños, and garlic to tom… toes; process till vegetables are coar… ly ground. Stir vinegar, salt, and su… into vegetable mixture.

Transfer vegetables to a 3-qu… saucepan. Simmer, uncovered, o… low heat about 25 minutes or till … sired consistency. Stir in oregano, … enne, and cumin; season to taste w… *salt.* Store in refrigerator in tigh… covered containers. Makes 2¼ cups.

continued

Prizewinning cooks

⅓ cup shortening
1¼ cups warm water

• • •

2 20- or 21-ounce cans prepared pie filling (any flavor)
Cooking oil for deep-fat frying
½ cup sugar
1 teaspoon ground cinnamon

In a large mixing bowl combine flour and salt. With a pastry blender cut in shortening till mixture resembles fine crumbs. Stir in water to form a stiff ball. On a lightly floured surface knead dough till smooth; shape into a log and cut into 18 slices. Cover; let stand 20 minutes.

Roll each slice out to an 8-inch circle. Cook tortillas, a few at a time, on medium-hot greased griddle for 2 minutes per side. Spoon 3 to 4 tablespoons of the pie filling in center of each cooked tortilla. Fold in sides of tortilla about 1 inch, then fold in top and bottom sides envelope-fashion, moistening with water to seal.

To cook tortillas, fill a 3-quart saucepan 2 inches deep with cooking oil. Heat oil to 375°. Fry tortilla pies, two at a time, seam side up, for 1 minute, using flat side of spatula to hold tortillas down in oil. Remove spatula; fry 1 minute more or till golden brown. Drain well on paper toweling. Combine



SOUL TATER SALAD

Lillie grows white sweet potatoes… rare variety. She says they have… sweeter flavor—

4 to 5 medium yellow *or* white sweet potatoes (2 pounds)
⅔ cup sweet pickle juice
1 tablespoon prepared mustard
Dash bottled hot pepper sauce
3 green onions, chopped
1 small red *or* green pepper, chopped (1 cup)
3 hard-cooked eggs, chopped
½ cup thinly sliced sweet pickles
Pickled red *or* green pepper strip… (optional)
Sweet pickle slices (optional)

continued

LILLIE CROWLEY'S VEGETABLE RECIPES

These recipes are excerpted from the Prize-Winning Recipe Collection published by the Texas State Fair.

PICANTE SAUCE

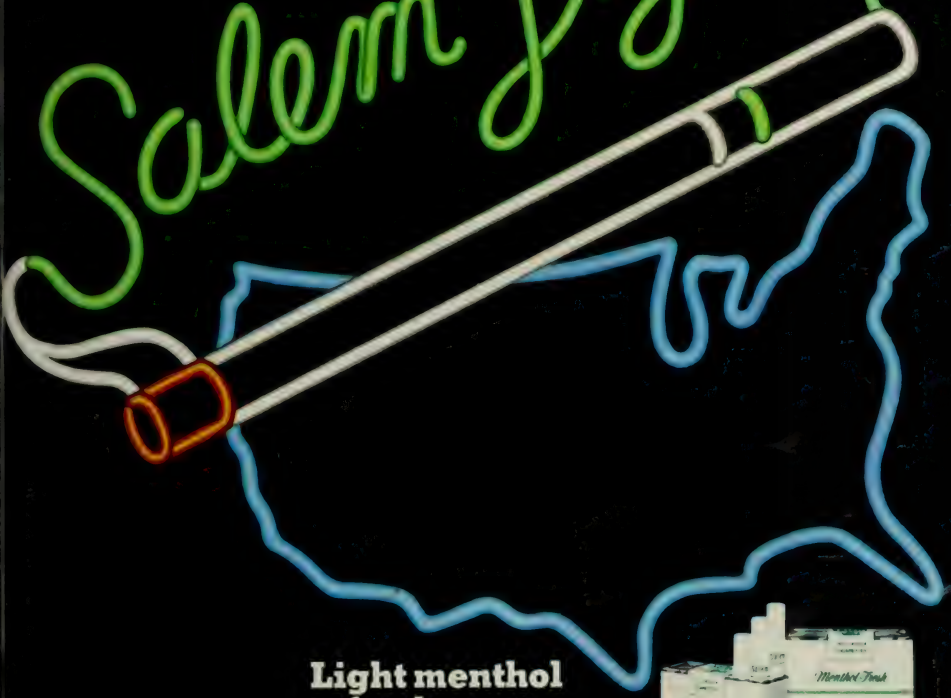
This zesty sauce is a wonderful accompaniment to eggs, broiled meats and poultry, and Mexican specialties. You can also add ½ cup dairy sour cream to 1 cup of the cooked sauce for a richer sauce or dip—

1 quart cherry tomatoes
1 medium green pepper, cut up
1 medium onion, cut up
2 medium fresh jalapeño peppers *or* hot red peppers



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continued

Prizewinning cooks

In a 3-quart saucepan cook potatoes, uncovered, in boiling salted water about 25 minutes or till tender. Drain, peel, and cube potatoes.

In a large bowl combine pickle juice, prepared mustard, and bottled hot pepper sauce. Add cubed potatoes, onions, chopped pepper, chopped eggs, and pickle slices; toss to coat. Serve warm or chilled. Garnish with pickled pepper strips and pickle slices, if desired. Makes 10 to 12 servings.

SAUERKRAUT SOUP

You can use any cooked, smoked sausage such as beerwurst, Berliner sausage, knackwurst, Polish sausage, or Thüringer in this hearty Czech-style soup—

4½ cups water
4 medium potatoes, peeled and cubed
½ teaspoon salt
½ pound smoked sausage links, cut up
1 16-ounce can sauerkraut
1 medium onion, chopped (½ cup)
1 clove garlic, minced
1 tablespoon fresh dillweed, finely chopped *or* 1 teaspoon dried dillweed
¼ teaspoon caraway seed
1 cup dairy sour cream
1 tablespoon all-purpose flour
Fresh dill sprigs (optional)
Dark bread

In a Dutch oven bring water, potatoes, and ½ teaspoon salt to boiling; cook, covered, over medium heat till tender. Add sausage, *undrained* sauerkraut, onion, garlic, dill, and caraway. Bring to boiling.

Meanwhile, in a small bowl combine sour cream and flour. Gradually stir about *1 cup* of the hot mixture into the sour cream mixture; return all to saucepan. Blend well. Heat through, but *do not boil.* Season to taste with *salt* and *pepper;* add a few teaspoons



sugar if a less tart flavor is desired. Serve with dark bread. Makes 8 to 10 servings.

CROWLEY FARM SALAD WITH CORIANDER DRESSING

You can combine your favorite greens in season to make this fresh-tasting salad—

½ cup olive oil *or* salad oil
½ cup red wine vinegar
1 small bunch fresh coriander (cilantro), chopped (1 cup) *or* ¼ teaspoon dried cilantro leaves, crushed
1 shallot, quartered
1 small unpeeled slice lemon, quartered
1 clove garlic, quartered
2 to 3 teaspoons sugar
1 teaspoon capers, drained
6 cups assorted torn greens such as romaine, leaf lettuce, bibb lettuce, curly endive, escarole, salad lettuce, *or* iceberg lettuce
6 sorrel leaves, chopped (optional)
8 to 10 asparagus spears, cut up *or* 1 8- or 10-ounce package frozen cut asparagus, thawed (2 cups)
10 cherry tomatoes, halved
3 shallots, chopped (¼ cup)
1 red *or* green pepper, chopped (½ cup)
Sliced radishes
Few sprigs fresh coriander (cilantro), chopped (optional)

In blender container or food processor, combine olive oil or salad oil, vinegar, the 1 cup chopped coriander, the quartered shallot, unpeeled lemon slice, garlic, sugar, and capers. Cover and process till of creamy consistency. Add more sugar, if desired; place in screw-top jar and chill.

In a large serving bowl toss together assorted torn greens, chopped sorrel, if desired, asparagus, tomato halves, chopped shallots, chopped pepper, radish slices, and additional chopped coriander, if desired. Pass the chilled dressing with salad. Makes 8 to 10 servings; 1 cup dressing.

Refreshingly creamy pies made with COOL WHIP® Topping and DANNON® Yogurt. Slightly sweet. Slightly tangy. Practically foolproof.

1.



Thoroughly combine crushed fruit and fruited yogurt in a bowl.

2.



Fold in the great fresh taste of Cool Whip™ Non-Dairy Whipped Topping, blending well.

3.



Spoon into crust and freeze about 4 hours. Remove from freezer and place in refrigerator 30 minutes (or longer for softer texture) before serving. Store any leftover pie in freezer.

Raspberry Yogurt Pie
2 containers (8 oz. each) DANNON® raspberry yogurt
½ cup crushed raspberries (optional)
1 container (8 oz. or 9 oz.) COOL WHIP™ Non-Dairy Whipped Topping, thawed
1 prepackaged graham cracker pie crust

Other fruits (with matching yogurt):
½ cup crushed strawberries or blueberries
1 can (8¾ oz.) sliced peaches or apricot halves, drained and mashed
1 can (8¼ oz.) crushed pineapple, drained



In some areas west of the Rockies, where Dannon may not be available, use any other fine yogurt.
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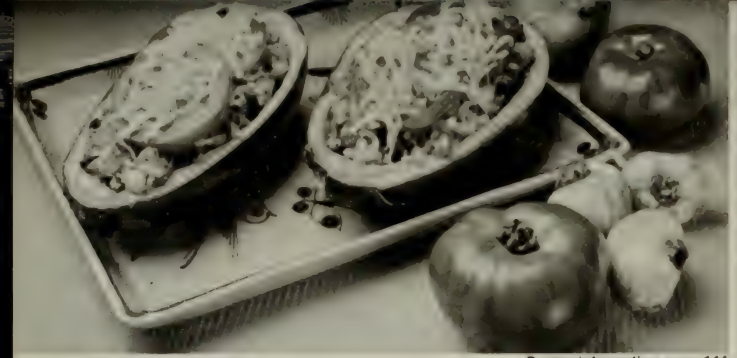
Great coffee taste without bitterness.



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File under Vegetables

Buying information, page 144

SUMMER VEGETABLE IDEAS

Spicy Stuffed Eggplant

Green chilies, basil, and provolone cheese flavor this top winner—

- 1 medium eggplant (about 1 pound)
- ⅓ cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon snipped parsley
- 3 tablespoons butter *or* margarine
- ¾ cup soft bread crumbs (1 slice bread)
- ¼ cup chopped pitted ripe olives
- 2 tablespoons chopped green chilies
- 2 tablespoons cooking oil
- 2 tablespoons lemon juice
- ¼ teaspoon dried basil, crushed
- ¾ cup shredded provolone cheese
- 4 to 6 tomato slices

Halve eggplant lengthwise; scoop out and reserve pulp, leaving a ¼-inch shell. Cook shells, covered, in enough boiling water to cover for 2 minutes or till tender; drain. Chop uncooked pulp finely. Cook pulp with onion, garlic, and parsley in butter or margarine till tender. Stir in bread crumbs, olives, chilies, oil, lemon juice, ¼ teaspoon *salt*, and basil. Stir in ½ *cup* of the cheese. Pile into shells. Bake, covered, in 350° oven 20 minutes. Top with tomato slices; brush with *cooking oil*. Top with remaining cheese. Bake, uncovered, 5 to 10 minutes. Makes 4 servings.

Joan C. Zimmerman, Lawrenceburg, Ind.



File under Casseroles and one-dish meals

Photographs: Dieter

CHEESE ENTRÉES

Camembert Soufflé

This light-as-air entrée rates "outstanding" in the cheese category—

- ¼ cup chopped celery
- 2 tablespoons thinly sliced green onion
- 1 small clove garlic, minced
- 3 tablespoons butter *or* margarine
- 3 tablespoons all-purpose flour
- 1 teaspoon dry mustard
- ½ teaspoon salt
- Dash pepper
- 1 cup milk
- 5 ounces camembert cheese, rind removed (½ cup)
- ½ cup grated parmesan *or* romano cheese
- 5 egg yolks
- 7 egg whites

Cook celery, onion, and garlic in butter or margarine till tender. Stir in flour, mustard, salt, and pepper. Add milk; cook and stir till bubbly. Blend in cheeses. Remove from heat; set aside. Beat yolks 5 minutes or till thick. Gradually beat in cheese mixture. Wash beaters. Beat egg whites to stiff peaks; fold in yolk mixture. Turn into a 2 to 2½-quart ungreased soufflé dish. Bake in 350° oven 40 minutes or till knife inserted off-center comes out clean. Serve at once. Makes 6 servings.

Marlene McCall, Overland Park, Kans.



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Three-Cheese Chicken Bake

8 ounces lasagna noodles
½ cup chopped onion
½ cup chopped green pepper
3 tablespoons butter *or* margarine
1 can condensed cream of chicken soup
6-ounce can sliced mushrooms, drained
½ cup chopped pimiento, drained
⅓ cup milk
½ teaspoon dried basil, crushed
1½ cups cream-style cottage cheese
2 cups diced cooked chicken
2 cups shredded American cheese
½ cup grated parmesan cheese

Cook noodles in boiling salted water according to package directions; drain. Cook onion and pepper in butter or margarine till tender. Stir in soup, mushrooms, pimiento, milk, and basil. Lay *half* the noodles in a 13x9x2-inch baking dish; top with *half each* the sauce, cottage cheese, chicken, and American and parmesan cheeses. Repeat layers *except* for last two cheeses. Bake in 350° oven 35 minutes. Top with cheeses; bake 2 minutes more. Makes 8 to 10 servings.

Lyn Riegler, Muskegon, Mich.



Cheesy Italian Supper Pie

Prepare *pastry for one 2-crust pie;* roll out and line a 10-inch pie plate with *half* the pastry. Trim edge. Beat 5 *eggs;* stir in 2 cups *ricotta cheese,* 1 cup grated *parmesan cheese,* ¼ cup chopped *onion,* 2 tablespoons snipped *parsley,* ½ teaspoon *salt,* and ¼ teaspoon *pepper.* Set aside. Cook 2 cloves *garlic,* minced, 1 teaspoon *dried oregano,* crushed, ½ teaspoon *dried marjoram,* crushed, and ¼ teaspoon *salt* in 2 tablespoons hot *olive* or *cooking oil* 1 minute. Stir in one 10½-ounce can *tomato puree* and ⅔ cup sliced pitted *ripe olives.* Spread *half* the egg mixture in pastry shell. Top with *half* of one 8-ounce package sliced *mozzarella cheese,* then *half* the tomato mixture. Place ¼ cup sliced *fresh mushrooms* and ½ cup sliced *green pepper* over cheese layer. Repeat layers. Roll out top crust; cut slits. Place over filling; seal and flute edges. Cover edges with foil; bake in 425° oven 20 minutes. Uncover and bake 25 to 30 minutes more. Makes 6 to 8 servings.

Nancy Gearhard, New Orleans, La.

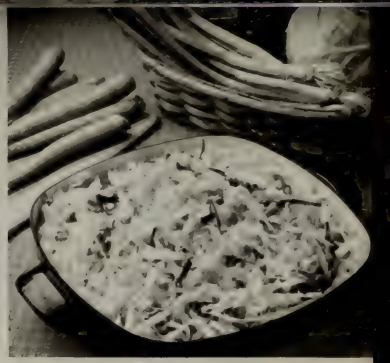


Zucchini-stuffed Tomatoes

8 medium tomatoes
¼ cup butter *or* margarine
1 pound unpeeled zucchini, chopped (about 4 cups)
2 cups sliced fresh mushrooms
1 medium onion, chopped (½ cup)
1 clove garlic, minced
1 teaspoon dried basil, crushed
½ teaspoon sugar
1 cup plain croutons

Cut a ½-inch slice off tops of tomatoes; scoop out and reserve pulp. Sprinkle shells with *salt.* Chop pulp; discard seeds. In a 12-inch skillet melt butter or margarine; add tomato pulp, zucchini, mushrooms, onion, garlic, 1 teaspoon *salt,* basil, sugar, and dash *pepper.* Cook, uncovered, over medium-high heat about 20 minutes or till liquid has evaporated. Stir in croutons; spoon mixture into tomato shells. Place shells in 12x7x2-inch baking dish. Bake, covered, in 350° oven for 15 minutes; uncover and bake 10 minutes more. Makes 8 servings.

Cindy Betts, Newton, N.J.



Company Cabbage

The peppy flavor and crunch of pecans make this an elegant side dish—

1 teaspoon instant beef bouillon granules
5 cups coarsely shredded cabbage
1 cup coarsely shredded carrots
½ cup sliced green onion
½ teaspoon salt
¼ teaspoon pepper
2 tablespoons butter *or* margarine, melted
⅓ cup chopped pecans
1 teaspoon prepared mustard
Paprika

In a 3-quart saucepan heat beef bouillon granules in ¼ cup *water* till dissolved. Add cabbage, carrots, green onion, salt, and pepper. Toss to mix; cook, covered, over medium heat 5 to 10 minutes or till tender, stirring once during cooking. Drain, if necessary. Combine butter or margarine, pecans, and mustard. Pour over vegetables; toss to mix. Spoon into serving dish. Sprinkle with paprika. Makes 6 to 8 servings.

Mrs. Loren D. Martin, Knoxville, Tenn.

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The sprinkler—and Kool-Aid! Moms sure know how to cool off a sizzling summer day. Kool-Aid® Brand Sugar-Sweetened Soft Drink Mix. Has vitamin C. Is economical. And the sugar-sweetened envelopes come in a lot of great flavors kids love. Now, with this "Summer Special" coupon, you can save the day and save 20¢ too.



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20¢ Save 20¢ on three envelopes of any flavor of Kool-Aid® Sugar-Sweetened.

To the retailer: General Foods Corporation will reimburse you for the face value of this coupon plus 5¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned, transferred or reproduced. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corporation, Coupon Redemption Office, P.O. Box 103, Kankakee, Illinois 60901. **This coupon good only on purchase of product indicated. Any other use constitutes fraud.**

LIMIT ONE COUPON PER PURCHASE **Offer expires March 31, 1980**

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GF GENERAL FOODS

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Save $70

on the laundry team with a 2-in-1 agitator that handles regular loads and flips its lid to clean handwashables.

Color shown: harvest wheat.

Get the whole job done with this JCPenney laundry team. Our 2-in-1 agitator handles just a few articles to large family loads. And, you can clean all washable fabrics. Not just durable items. But, handwashables, too.

The JCPenney Mark of Quality. The critical components of this laundry pair have been factory tested by electronic equipment to rigid JCPenney standards.

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Sale 339.95 Reg. 379.95
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Sale prices effective August 19th through September 15th.
At stores with major appliance departments. Prices slightly higher in Alaska, Hawaii, Puerto Rico. Sorry, not available outside normal delivery area. Phone for details.



Natural decorator colors.

This is JCPenney

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Crockery Cooker Main Dishes

Refrigerated Desserts

Do you turn out original main dishes with your crockery cooker? Do you make a refreshing chilled or frozen dessert? Send us your recipes—you could win next March. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next March. All 16 winners receive a Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Crockery Cooker Main Dishes

Your own slow-cooked main dish invention could win. The dish might require all day or a shorter cooking time. Tips: **chicken-almond cassoulet, minted lamb stew, vegetarian hodgepodge.**

Refrigerated Desserts

Any original dessert recipe such as a chilled soufflé, chiffon dessert, or frozen Alaska, bombe, or torte is eligible. Hints: **coffee-pistachio freeze, blender raspberry mousse, chocolate marble tortoni.**

THIS MONTH'S WINNERS

(See recipes on pages 109 and 110.)

Cooks-of-the-Month

Marlene McCall, Overland Park, Kans.
Joan C. Zimmerman, Lawrenceburg, Ind.

Runners-up

Cindy Betts, Newton, N.J.
Nancy Gearhard, New Orleans, La.
Mrs. Loren D. Martin, Knoxville, Tenn.
Lyn Riegler, Muskegon, Mich.

Honor Roll

Patty Baer, La Vale, Md.
Mrs. Anne Dobrinen, Fresno, Calif.
Mrs. Jean L. Graf, Albany, Oreg.
Mrs. Samuel Jackson, Highland, Md.
Mrs. Alice Johnson, Troup, Tex.
Mrs. Catherine Lifer, Washington, N.J.
Pearl L. Murray, Tampa, Fla.
Becky McClure, Lubbock, Tex.
Mrs. Joseph Popma, Ada, Mich.
Mrs. Shirley Sharp, Quartz Hill, Calif.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "March Crockery Cooker Main Dishes" or "March Refrigerated Desserts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, August 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7908 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

Hormel Ham Patties are a deliciously easy way to add the great taste of Hormel ham to any meal of the day. Each 12-ounce can gives you six patties—just enough for a family meal



with no leftovers. Fried, baked or broiled, there's just a bare minimum of shrinkage. And any way you cook them up, you're getting the famous taste of a Hormel ham.

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THE BEST-TASTING ITALIAN IS JUST A SHAKE AWAY.

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Seven Seas Viva! There's simply no better way to dress a salad.

THE BEST-DRESSED SALADS WEAR SEVEN SEAS.



FOOD

HE COOKS

Whole Wheat Vegetarian Pie



Rod Gaulke of Tacoma, Washington, credits Whole Wheat Vegetarian Pie with making him a piecrust expert. "When I tried this recipe, it was my first attempt at making piecrust," he says. "Over the years, my recipe has changed. Every time I make it, I add something new, and my piecrust gets better and better."

His interest in cooking started when Rod was a bachelor and was obliged to learn his way around a kitchen. Now that he is married, he shares cooking duty with wife Kati.

WHOLE WHEAT VEGETARIAN PIE

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- ⅔ cup shortening
- 5 to 7 tablespoons cold water
- 1 cup chopped zucchini
- 1 cup chopped celery
- ½ cup shredded carrot
- ½ cup sliced fresh mushrooms

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If you have a favorite original recipe, we'd like to hear about it. If yours is selected for the He Cooks feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.



Photographs: Dieter Aslan

½ cup chopped green pepper
1 clove garlic, minced
2 tablespoons cooking oil
1 15-ounce can tomato sauce
½ cup cooked cut green beans
½ cup cooked whole kernel corn
1 tablespoon brown sugar
1 teaspoon dried oregano, crushed
1 teaspoon chili powder
½ teaspoon salt
½ teaspoon dried basil, crushed
¼ teaspoon pepper
¼ teaspoon ground allspice
1 cup shredded cheddar cheese
1 beaten egg

Stir together flours and 1 teaspoon *salt*. Cut in shortening till pieces are the size of small peas. Sprinkle water, 1 tablespoon at a time, tossing mixture after each addition. Form into ball. Roll *half* of the pastry to ⅛-inch thickness. Fit into 9-inch pie plate. Trim.

In a skillet cook zucchini, celery, carrot, mushrooms, green pepper, and garlic, covered, in hot oil till tender. Add tomato sauce, beans, corn, sugar, and seasonings. Simmer, uncovered, 5 minutes. Spoon into shell. Sprinkle with cheese. Roll out remaining pastry. Adjust top crust; seal edge and crimp. Cut vents in top pastry. Beat egg and 1 tablespoon *water* together. Brush over crust. Cover edges with foil. Bake in 350° oven 20 minutes. Remove foil. Bake 20 to 25 minutes. Let stand 10 to 15 minutes before serving. Serves 6.

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New Seven Seas Creamy Bacon Dressing. There's simply no better way to dress a salad.

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Mr. Grocer: We will redeem this non-transferable coupon for face amount plus 5¢ handling only if you obtained it from customer buying this item. Invoices proving purchase of sufficient stock to cover coupons redeemed must be shown upon request. Void when presented by broker or agency or where prohibited, taxed, or otherwise restricted. Cash value 1/10 cent. Mail coupon to Anderson Clayton Foods, Box 1867, Clinton, Iowa 52734. Expiration date March 31, 1980. Limit one per customer.

7¢ OFF Seven Seas® Creamy Bacon.

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MAKE TONIGHT'S SUPPER



It's easy to turn the ordinary into the extraordinary. Just add a cool, colorful salad made of JELL-O® BRAND Gelatin and DEL MONTE® Pineapple Chunks In Its Own Juice. This refreshing combination will give more dash to almost any dish.

A LIGHT SALAD OF JELL-O® GELATIN AND DEL MONTE® BRAND

begins on page 73

Adventures in needlepoint

NEEDLEPOINT BASICS

Before you begin any of the projects on pages 73-79, read through this list of general information.

Working with the grain: Like fabric, yarn has a distinguishable grain. To check the grain, run a strand of yarn through your fingers; you'll notice that the yarn is smoother in one direction. When dividing strands, separate the plies *with* the grain so the yarn doesn't become tangled. Thread your needle so you stitch *with* the grain to keep the yarn smooth and springy.

Yarn lengths: When working a needlepoint design, use 18-inch pieces of wool and 32-inch pieces of embroidery floss or pearl cotton. This keeps the yarn from looking worn after being pulled through the canvas.

Plies: Before you begin stitching, separate strands of yarn into plies and then put them back together. This eliminates "twist" and helps the yarn cover the canvas better.

The number of plies you use depends on the size of the canvas and the direction of the stitches and is always designated with individual projects.

Waste knots: To avoid tying unsightly knots when you begin a new strand of yarn, make a waste knot by knotting the end of the yarn and inserting the needle from front to back (so the knot is on the front side). Stitch over the yarn end to secure it, clip the knot, and pull the end of the yarn to the back.

To end, weave the yarn through four or five stitches on the back and clip.

Practice stitches: Use scrap canvas for practicing stitches. Concentrate on uniform tension and master each stitch before you begin the actual project. (If a stitch is too tight, it will not cover the canvas; if it is too loose, it will snag.)

To avoid splitting a stitch, work "from empty to full"—bring needle up in an empty mesh and reinsert it in a full mesh (one that is already worked).

For an explanation of the stitches used in the projects featured here, see the stitch diagrams on page 136.

Blocking: To eliminate distortion caused by the pull of the stitches, block needlepoint on a clean piece of ½-inch plywood covered with gingham.

Dampen the canvas and secure the piece to the blocking board with T-pins, using the gingham squares to align the canvas. Dampen the canvas again and let dry at least 24 hours.

If your project is worked on interlock canvas, sometimes steam pressing the needlepoint on the back side will restore the canvas to its original shape, making blocking unnecessary.

Finishing: To finish needlepoint projects, follow specific instructions.

Vegetable wall hanging page 73
(Finished size = about 34x35 inches)
Materials: 1¼ yds. 36-inch-wide #10-count interlock canvas; 3-ply Persian wool yarn (see chart page 118 for colors and amounts); #18 tapestry needle; 4½ yds. 2-inch-wide rug binding (optional); 1¼ yds. white felt; masking tape; black waterproof marking pen; 10-squares-per-inch graph paper; 2-inch-wide seam binding; drapery weights for hanging (optional).

SOMETHING SUPER.



PINEAPPLE GINGER SALAD
Drain 1 can (15¼ oz.) DEL MONTE® Pineapple Chunks in Its Own Juice, reserving juice. Dissolve 2 packages (3 oz. each) or 1 package (6 oz.) JELL-O® Brand Lime Flavor Gelatin in 1½ cups boiling water. Add reserved juice, 1 cup ginger ale and ¼ teaspoon ground ginger. Chill until slightly thickened. Fold pineapple chunks into gelatin and spoon carefully into 8x4-inch loaf pan. Chill until firm, about 4 hours. Unmold. Cut into squares. Garnish with salad greens, if desired. Makes 5 cups or 10 servings.

PINEAPPLE CHUNKS MAKES SUPPER SUPER.

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General instructions:

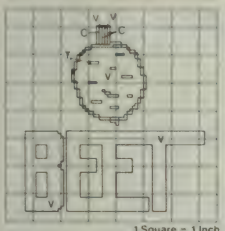
Use full 3-ply strands of yarn throughout. Use basket-weave stitch to fill in the backgrounds and continental stitch to work the designs. All borders are *single* rows unless otherwise noted.

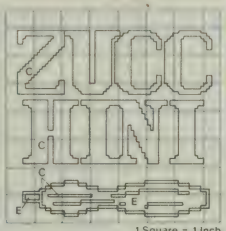
Instructions:

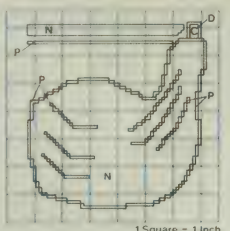
1. Begin by enlarging patterns *below and on page 118* onto 10-squares-per-inch graph paper, making 1 square = 1 stitch. (Each square measures 76x76 mesh, *not* including any borders.)

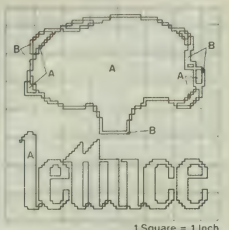
2. Bind canvas edges with masking tape and mark center of canvas by locating center horizontal and vertical canvas threads. Using this point as a reference, stitch a 1-row, 326-mesh

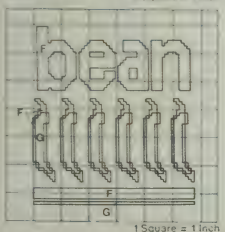
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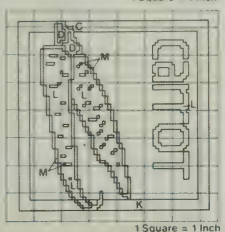


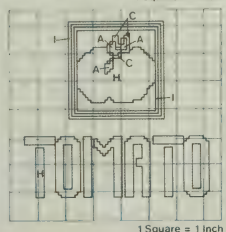


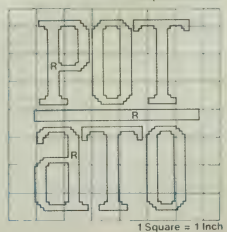












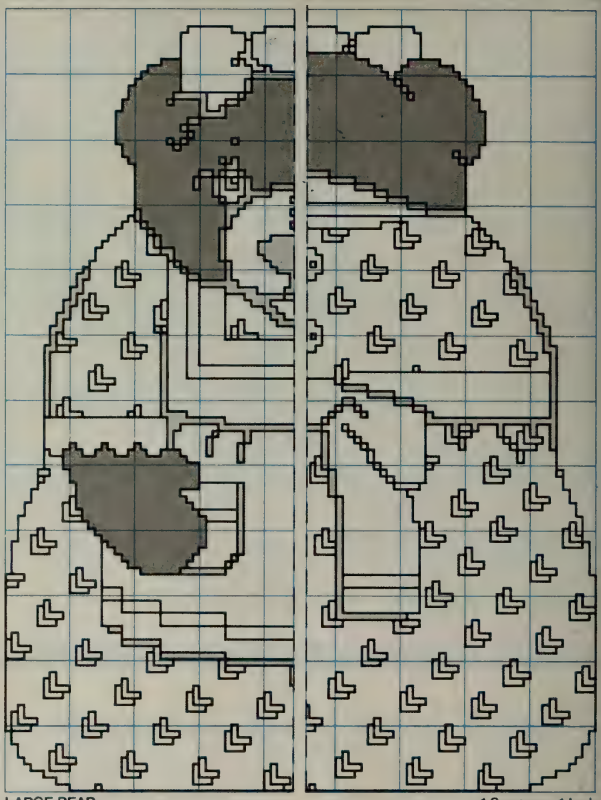
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Adventures in needlepoint

square border in forest green yarn around center point. All 16 squares fall within this border.

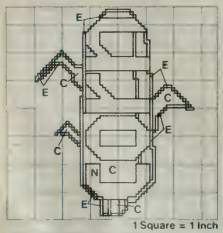
continued

	RUG (in 70-yard skeins)	WALL HANGING (in yards)
A Lime green	2	45
B Green	2	38
C Kelly green	1	32
D Forest green	8	255
E Dark green	1	7
F Olive green	1	8
G Light olive green	1	7
H Red	1	28
I Red-brown	1	7
J Dark red	1	15
K Light orange	1	22
L Orange	1	24
M Dark orange	1	5
N Gold	2	52
O Yellow-gold	1	3
P Dark gold	1	3
Q Tan	1	14
R Brown	1	24
S Dark brown	1	3
T Navy blue	1	3
U Royal blue	1	2
V Maroon	1	20
W Dark purple	1	9
X Black	1	4
Y White or off-white	19	670

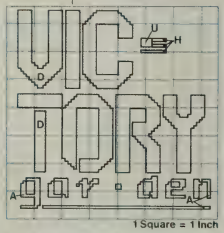


LARGE BEAR

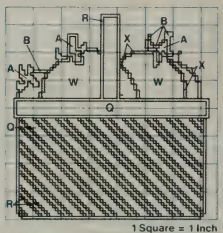
1 Square = 1 Inch



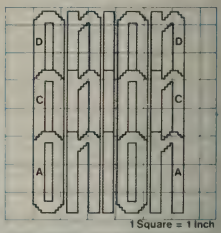
1 Square = 1 Inch



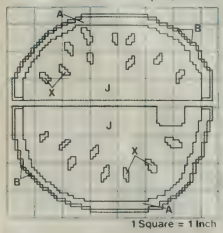
1 Square = 1 Inch



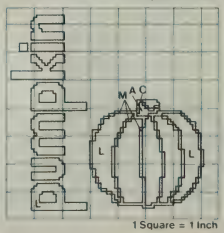
1 Square = 1 Inch



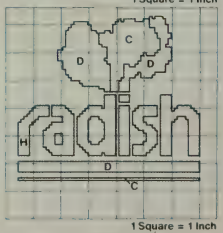
1 Square = 1 Inch



1 Square = 1 Inch



1 Square = 1 Inch



1 Square = 1 Inch



1 Square = 1 Inch


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g. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.
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continued

Adventures in needlepoint

Divide square in fourths by stitching a double row of green borders both horizontally and vertically, making four equal-sized squares in large square.

3. Begin stitching vegetable squares; remember to work one complete pattern at a time. Start in upper left-hand corner of the wall hanging and work in horizontal rows. When first row of motifs is finished, begin second row along left-hand side. Repeat this procedure until all squares are complete.

4. Begin stitching beet pattern by working a 1-row, 78-mesh white square border so it is adjacent to two sides of the green border. Then work a 1-row green border inside the white border.

You are now ready to begin stitching the beet design. Follow charted pattern, counting the number of stitches.

5. Stitch zucchini square in the same way so pattern is outlined by a green border, a white border, and another green border. (The double row of green stitches will provide border for right-hand side of zucchini square.)

6. Stitch squash and lettuce squares to finish first row; then begin second row by stitching the bean square. The horizontal double row of green stitches will provide bottom border for all squares in this row.

Finish stitching last two rows of squares, referring to charted patterns (also refer to photograph on page 73 for correct sequence).

7. When all motifs are finished, work outer border. Begin with a 4-row white border around the original 326-mesh square, leaving corners unstitched. Finish each corner by working a 6x6-mesh square in red.

Add one row of green, two rows of white, one row of green, and two rows of white; end with 6 rows of green.

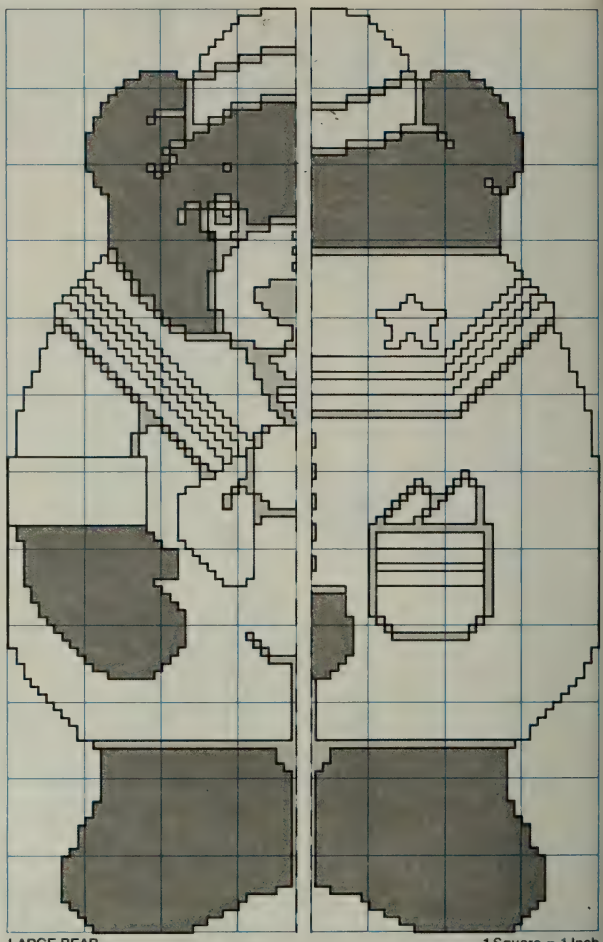
8. Block canvas and let it dry thoroughly. If wall hanging is extremely distorted, cover back of canvas with rabbit skin glue (available at needlework shops) while canvas is stretched on blocking board. Let dry.

9. If desired, whipstitch rug binding to unworked canvas edges and turn edges under, tacking binding to back.

Cut a piece of white felt to match size of wall hanging and add ½-inch seam allowances. Turn and press seam allowances under.

With wrong sides facing, stitch felt to canvas, making sure edges remain turned under.

To hang, stitch 2-inch-wide hem tape to back of wall hanging along the top and insert dowel or rod. If desired, add drapery weights to lower corners so finished piece hangs straight.



LARGE BEAR

1 Square = 1 Inch

Quick point vegetable rug, page 74
(Finished size = about 69x74 inches)
Materials: 5 yds. 38-inch-wide #5-count cotton canvas; 70-yd. skeins polyester yarn (see chart page 118 for colors and amounts); 7 yds. suit-weight fusible interfacing; #13 tapestry needle; 8¼ yds. 2-inch-wide rug binding; large curved-tip needle; acrylic paints; assorted paintbrushes; 10-squares-per-inch graph paper.

Instructions:

Note: Because of the size and weight of the rug, it is worked in four separate sections; the sections are stitched and then sewn together. The entire rug is

continued

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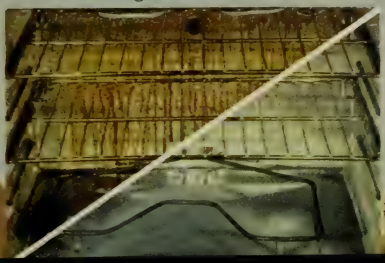
te a fancy shish kebab in the entional lower oven.



an cook their own lunch in es in the microwave oven.



The convenient, conventional oven is self-cleaning.



Micro-Thermometer™ temperature control stops the cooking at your pre-selected temperature.



Bake a batch of cookies while something else cooks above.



continued

Adventures in needlepoint

worked in continental stitch.

1. Cut four 38x45-inch pieces of canvas and bind edges with masking tape. Each section contains four vegetable squares and two sides of the border.

2. Enlarge patterns on pages 117 and 118 onto 10-squares-per-inch graph paper. Starting 2 inches in from canvas edges, stitch a 6-row green border along two sides so each side is 179 stitches long; then work a 2-row white border (inside the green border) along same two sides. Continue the borders by stitching 1 row of green, 2 rows of white, 1 row of green, and 4 rows of white, leaving a 6-mesh square in each corner to be worked in red.

Work a 1-row green border and continue along the two unworked sides to complete a 163-mesh square.

Repeat this procedure for all four pieces of canvas, making sure pieces form one large square when assembled.

3. Stitch four 80-mesh squares in white inside the 163-mesh square; then stitch 1 row of green inside all four.

4. Using charted patterns as guides, begin painting each square with acrylics, carefully counting number of stitches in each design.

Paint each motif in colors you will use to stitch designs. Let paint dry and stitch each design.

5. Block each section wrong side up on a 4x4-foot piece of plywood or bulletin board. Steam iron canvas while it is still on blocking board, and then iron interfacing in place.

6. Join two horizontal sections of canvas at a time, using a curved-tip needle and whipstitching the sections together. Iron a strip of interfacing to the seams and add rug binding to unworked canvas edges. Join the two vertical sections and add a strip of interfacing to the seam.

7. Trim canvas edges to width of rug binding and tack binding to wrong side.

Follow these instructions for pillows, using #10- or #5-count canvas. Finish with white backing fabric and cording covered with grosgrain ribbon.

Needlepoint bears, page 76

To order free instructions (except for postage and handling) for the bear furniture, see page 32.

Materials: *For large bears* (about 8x11 inches): ½ yd. #10-count interlock canvas for one complete bear; 3-ply Persian wool yarn (see chart page 124 for colors and amounts); #18 tapestry needle.

For medium bears (about 6x8½ inches): ¼ yd. #14-count interlock canvas for one complete bear; 3-ply Persian wool yarn (see chart page 124 for colors and amounts); # 20 tapestry needle.

For small bears (about 4x5½ inches): ¼ yd. #22-count canvas for two complete bears; 3-ply Persian wool yarn (see chart page 124 for colors and amounts); #22 tapestry needle.

Additional supplies: Masking tape; needlepoint frame; polyester fiberfill; 10-squares-per-inch graph paper.

Instructions:

Note: All of the bears are stitched from the same patterns; to change the size of the bears, simply change the

continued





"I was skeptical. I didn't think my Potscrubber® III dishwasher would get off dried barbecue sauce."



Brenda Dixon

Mrs. Brenda Dixon,
Dallas, Tx.

continued

Adventures in needlepoint

size of the needlepoint canvas—from #10- to #14- to #22-count canvas. Work the bears in basket-weave stitch to minimize distortion.

1. Enlarge patterns pages 118 and 120 onto 10-squares-per-inch graph paper so 1 square = 1 stitch. To complete patterns, finish drawing second half of each bear so patterns are symmetrical. The bears on your graph paper are equal to the size of the large bears.

2. Bind canvas edges with masking tape and mount canvas in a needlepoint frame to minimize distortion and make assembly easier. Begin working bears using 3-ply strands on #10-count canvas, 2-ply strands on #14-count canvas, and 1-ply on #22-count canvas. Work one area of color at a time, referring to the graphed patterns and carefully counting the number of stitches in each section.

The shaded areas on the patterns represent colors brown and black; refer to the photograph on pages 76 and 77 for other colors.

3. When bears are complete, remove canvas from frame and block. Trim canvas edges to ½ inch and fold edges to back side, leaving one row of unworked canvas all the way around. Carefully clip canvas if necessary (not including row of unworked canvas) so it lies flat.

To hold edges in place, steam press back side of canvas using a damp cloth.

4. With wrong sides facing, match front and back sides of each bear. Join the two pieces, placing small safety pins every one to two inches. (As you pin, be sure the two sides are aligned.)

5. Begin stitching the two sides together using a binding stitch and single strands of leftover yarn. Work the binding stitch through the row of unworked canvas.

6. After you have stitched halfway around the bears, begin stuffing them with small pieces of polyester fiberfill. Stuff the bears lightly so they do not pucker when finished. Fill small, rounded areas such as ears and feet with small pieces of stuffing.

Finish stitching bears together, adding small pieces of stuffing as you go. Remove safety pins and clip yarn ends.

SAILOR BEAR (in yards)

	LARGE	MEDIUM	SMALL
Brown	44½	35½	9
Light brown	2½	2	1
Black	18	13½	5½
White	13½	9	5½
Navy blue	62	49	12½
Red	2½	2	1
Rust	1	1	1

LADY BEAR (in yards)

	LARGE	MEDIUM	SMALL
Brown	35½	22	7
Light brown	2½	2	1
Black	18	9	2½
White	31	22	7
Yellow	13½	4½	2
Blue-green	133	67	12½
Dark green	9	7	3½
Pink	18	6	2
Dark pink	1	1	1
Rust	1	1	1

Needlepoint flowers, page 78

Materials (for all flowers): #12-coun interlock canvas; 3-ply Persian woo

continued



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Chicken of the Sea.

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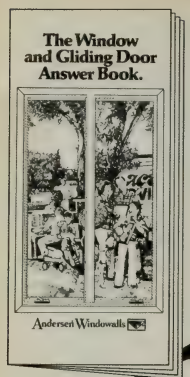


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continued

Adventures in needlepoint

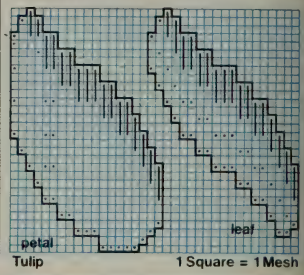
yarn in five shades of one color; 3-ply Persian wool yarn in three shades of green; 18-inch pieces of #24 florist wire.

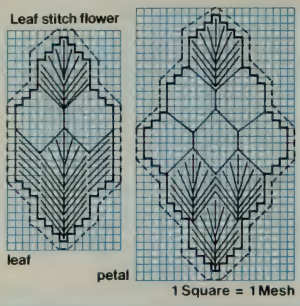
Instructions:

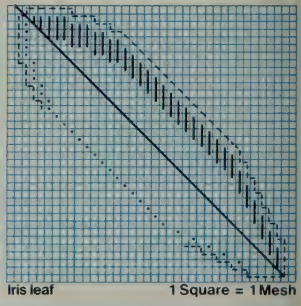
Note: Instructions for three of the flowers shown on page 78 are given here. The leaf stitch flower, which is used three times in our bouquet, is most visible next to the vase. The iris is the large purple flower pointing left. The tulip is the 6-petaled flower in the center of the bouquet.

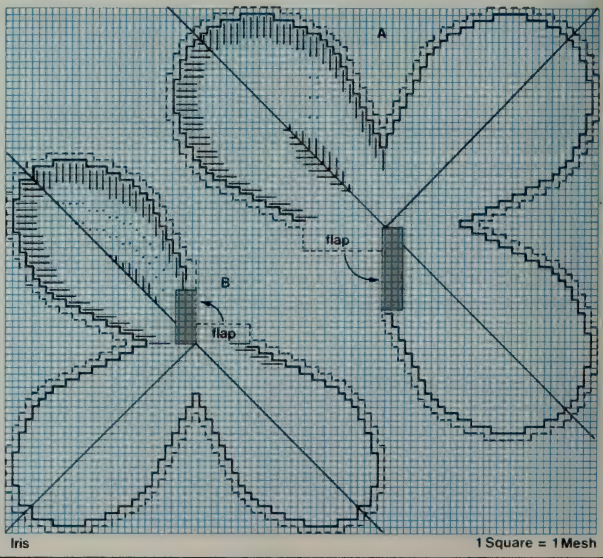
To order free instructions (except for postage and handling) for the other flowers, see page 32.

continued









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– Elouise Prater



Jane Prater, Tyler, Texas

This General Electric 'Monitor Top' looks kind of funny today. But back when I bought it in 1937, it was real elegant.

And you know, it was one of the best buys anyone could make.

It's the only electric refrigerator I've ever owned, and it's sitting in my kitchen this very day, working away like it's always done. Still keeps the milk nice and cold, and the lettuce crisp.

It never needed any service, either, aside from replacing the gasket on the door.

My family teases me about it, but I simply can't replace this faithful friend.

The salesman who sold it to me still lives here in Tyler. I saw him the other day and I shook his hand. "Mr. Atwood," I said, "it's still working."

Elouise Prater, Temple, Texas

My mother-in-law's old 'Monitor' really influenced our choice. And I grew up with my own mother's GE refrigerator. She had it 30 years.

We've had so many GE appliances that have lasted and given great service, well, to me, the name General Electric means dependability.

So even though I looked at some others, I knew this beautiful GE side-by-side was the only refrigerator I wanted. I like getting ice cubes and crushed ice and chilled water without opening the door.

Inside, there's lots of room. And adjustable glass shelves that are easy to clean. Automatic defrosting, of course. Even a separate temperature control for my meat bin.

I expect it will last and last, like that 'Monitor' of Jane's. I can't imagine a better value.

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continued

Adventures in needlepoint

Leaf stitch flower

1. Work petals in leaf stitch, referring to pattern, page 126. As you begin stitching, hold yarn tail on back of canvas at center line until it is caught in subsequent stitches.

2. Using 2-ply strands of yarn, stitch five petals and two leaves per flower, referring to patterns, page 126. Start at top of each petal and complete one leaf stitch using darkest shade of yarn. Work your way down the petal, going from dark to light shades and stitching one row at a time. Repeat procedure for leaves, stitching three short bar stitches through center of each leaf to make "veins."

3. Cut each petal and leaf, following dotted lines on patterns. (Note that at least one canvas intersection beyond stitching is left intact.) Using darkest shades of yarn, work binding stitch around edge of each petal and leaf.

4. To make stamens, cut five 3x16-mesh canvas strips and fold in half lengthwise. Cut five pieces of florist wire one inch longer than mesh strips. Place wires inside folds and bend wire around top two meshes. With dark shade of yarn, stitch in top mesh from inside out, tucking tail into fold. Holding folded edges together, make five small loops in top two meshes; place yarn inside fold and cut.

5. With light shade of yarn, stitch from inside out in mesh below tufts, tucking tail inside fold. Wrap yarn around folded strip, covering canvas completely. Stop at last two meshes, knot yarn, and cut, leaving ½-inch tail. On fifth stamen, instead of cutting yarn, stitch back through other four stamens and gather into a bundle. Wrap yarn around bundle several times and sew back and forth to secure. Twist exposed wire ends together with pliers.

6. To assemble flower, insert florist wire in center back of each petal. Work end of wire around edges, ending at bottom tip of petal. Then work wire through center of petal, ending at top leaf stitch. Bend wire back ¼ inch and work end under yarn. Repeat procedure for leaves, using 6-inch wires.

7. To sew petals together, use lightest shade of yarn and stitch through base of each petal from front to back, just inside edge; go over wire and return yarn to front side. Pull tight and stitch to stamen bundle. Repeat for other four petals, aligning petal to stamen. Sew back and forth through bundle to secure. Check that wires extend to tips of petals and that petals face in; then twist wires together to form stem.

8. Add several wires to stem for strength and wrap dark green yarn around stem, anchoring yarn in stamen bundle. Attach first leaf after four inches of stem is wrapped. Hold leaf in place (front side facing stem) and twist exposed wires around stem. Then stitch through base of leaf with wrapping yarn and continue for two more inches. Repeat procedure for second leaf. Cut stem to desired length and finish wrapping. Shape petals and leaves as desired by bending wires.

Iris

1. To make iris, refer to patterns on page 126. Pattern A represents bottom petals; pattern B represents top petals.

For pattern A (bottom petals), begin stitching around outer edge of petals using darkest shade of yarn. Reverse color order for pattern B. (Refer to photograph on page 78 if necessary.)

2. Complete bargello-type patterns for both petal pieces except shaded areas. Leave yarn ends long to work these areas later. Cut out petals, carefully following dotted lines.

3. Stitch two leaves, referring to pattern. To finish leaves, refer to instructions for leaf stitch flower.

4. Using center of petals as pivot points, move flap under and in line with shaded area. Tack in place with single strand of yarn, making tent stitches over several canvas intersections. Complete bargello pattern, working through both canvas pieces. Bind petal edges with darkest shade of yarn and insert florist wire (see instructions for leaf stitch flower).

5. To assemble iris, insert florist wires along diagonal lines (as shown on patterns), letting excess wire hang from center points. Insert wires from top piece through center point of bottom piece.

6. With petals in alternating positions, tack center together. Complete stem as for leaf stitch flower, adding leaves as desired. Curve top petals up and together and bottom petals down, as shown in photograph on page 78.

Tulip

1. Stitch six petals according to diagram on page 126, using 2-ply strands of yarn. Begin stitching with darkest shade of yarn along top edge of petal, as shown; then continue working bargello-type stitches, going from dark to light shades. If necessary, add some tramé stitches on back side to help cover canvas. Cut petals and bind edges as for leaf stitch flower.

2. Stitch one leaf according to diagram; to work second leaf, reverse pattern. Finish leaves according to directions for leaf stitch flower.

3. For stamens, cut three 4-mesh canvas circles, working binding stitch around edges in darkest shade of yarn. Fill center of circles with French knots in lightest shade of yarn. Anchor florist wire under knots and complete stem of stamen as for leaf stitch flower.

4. To assemble flower, insert florist wire in petals and leaves, referring to instructions for leaf stitch flower. Gather stamens into a bundle and attach three petals; then add last three petals. Finish as for leaf stitch flower.

Square needlepoint box, page 79

Materials: 3-ply Persian wool yarn in the following colors and amounts: 60 yds. blue, 18 yds. dark blue, 27 yds. yellow, 18 yds. medium yellow, 18 yds. dark yellow; ¼ yd. #14-count interlock canvas; #19 tapestry needle; needlepoint frame; masking tape; mat board; craft knife; metal-edged ruler; fabric glue; ¼ yd. blue crepe-back satin; quilt batting; wooden clothespins; 6x6-inch piece of blue felt; 2 beads for trim.

Instructions:

Note: The finished box measures 3¾ inches square. Cut five 8-inch canvas squares and bind edges with masking tape. Mount squares in needlepoint frame and begin stitching in center of each square, using two strands of yarn throughout.

1. The patterns on page 130 represent one-fourth of the finished designs; reverse and repeat these patterns three more times to complete each square. Stitch one section of color at a time, slanting stitches in directions shown. Stitch four sides and one top; when

continued

continued

Adventures in needlepoint

each piece is finished, add one row of half-cross-stitches around all four sides. Block if necessary and trim the edges to ½ inch.

2. Using craft knife and metal-edged ruler, cut six pieces of mat board (for sides, top, and bottom) to match needlepoint pieces. Glue one board to the back of each needlepoint piece, using glue sparingly. Miter corners and fold canvas edges around boards, using clothespins to hold edges; let dry. Cut and glue blue felt to sixth piece of mat board, folding edges around board.

3. Cut six pieces of quilt batting the same size as mat boards; then cut two 5½-inch squares of satin for top and bottom and one 5½x22-inch piece of satin for sides.

4. Align four sides (right side down) to make one long piece. Place one piece of batting on each needlepoint piece and cover batting with satin. Pin satin around canvas to hide edges and whipstitch satin to needlepoint. String two beads on blue yarn and insert end of yarn into top piece before stitching.

5. Fold long piece into four sides and sew seams using one strand of yarn and stitching every other canvas hole.

6. Sew bottom to sides, felt side down. Attach top on one side (opposite beads), keeping stitches fairly loose so top does not spring open.

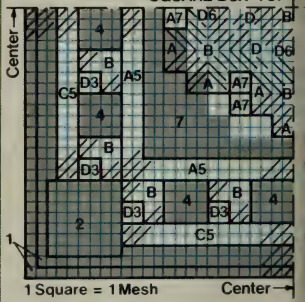
SQUARE BOX COLOR KEY

■ Blue
A Dark blue
B Yellow
C Medium yellow
D Dark yellow

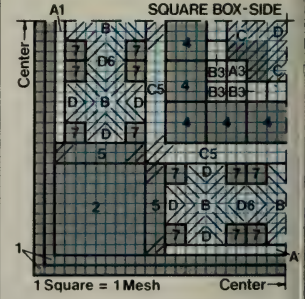
STITCH KEY

1 Half-cross-stitch
2 Waffle stitch
3 Smyrna stitch
4 Double leviathan stitch
5 Slanting Gobelin stitch
6 Upright cross-stitch
7 Mosaic stitch

SQUARE BOX-TOP



SQUARE BOX-SIDE



Round needlepoint box, page 79
(Finished size = about 4½x3 inches)
Materials: 3-ply Persian wool yarn in the following amounts and colors: 54
continued



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continued

Adventures in needlepoint

yds. dark coral, 4 yds. medium coral, 18 yds. light coral, 9 yds. green; 2 skeins dark green #3 pearl cotton; ¼ yd. #12-count interlock canvas; heavyweight buckram (or heavy valance stiffener); fabric glue; quilt batting; red crepe-back satin; wooden clothespins; small safety pins.

Instructions:

1. Cut two 6½-inch canvas squares; then cut a piece of canvas 180 threads x 42 threads for side and a piece 193 threads x 18 threads for lip. Cut a 5-thread square from each corner of side and lip pieces.

2. Cut a 4¼- and a 4½-inch diameter circle from buckram; also cut a 13¼x2⅜-inch buckram piece for side.

3. Cut satin as follows: 5¾-inch-diameter circle for top, 5½-inch-diameter circle for bottom, 15½x3¾-inch piece for side, and 16¾x1¼-inch piece for lip.

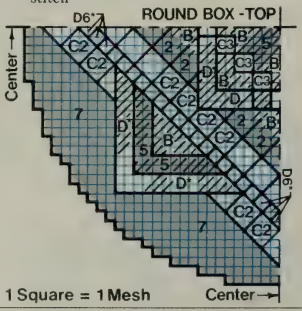
4. Stitch top as shown in pattern *below,* starting in center of 6½-inch square. Pattern represents one-fourth of total design; reverse and repeat pattern three more times to complete top. Use two strands of Persian wool and one strand of pearl cotton throughout. Stitch one section of color at a time, stitching in directions shown.

ROUND BOX COLOR KEY

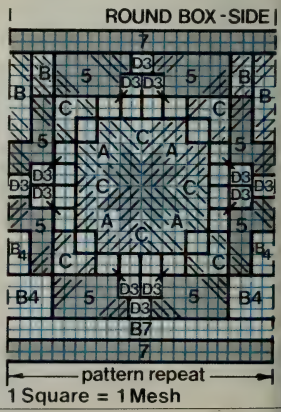
■	Dark coral	C	Green
A	Medium coral	D	Dark green*
B	Light coral		(* indicates pearl cotton)

STITCH KEY

1	Half-cross-stitch	5	Slanting Gobelin stitch
2	Double upright cross-stitch	6	Upright cross-stitch
3	Smyrna stitch		
4	Double leviathan stitch	7	Mosaic stitch



5. For bottom, mark second 6½-inch square of canvas in fourths. Beginning in center, work each section in mosaic



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stitch, pointing stitches in each quadrant in opposite directions so sections are distinguishable. Make a 52-thread-diameter circle. (Top is 56 threads in diameter.)

6. For lip, fold five threads over on all four sides, working three rows of mosaic stitch over two thicknesses of canvas. Begin stitching so there is one empty thread left on all four sides.

7. Stitch side piece as follows: fold five threads over on all four sides and stitch through two thicknesses of canvas, leaving one thread empty on top. Work top edge in mosaic stitch, leaving one row of unworked mesh along top. Begin working side as shown in pattern *opposite*. Repeat pattern six more times to complete side, being careful to avoid distortion while stitching.

8. Trim both circles to within ½ inch of stitching and clip canvas edges to make turning easier. Glue buckram to back of stitched pieces, turning edges under; use clothespins to hold in place; move clothespins frequently to avoid sticking. Cut a piece of quilt batting a little smaller than each circle. Place batting and satin on circles; pin and stitch in place. (One row of canvas should remain for joining pieces.)

9. Glue buckram to side piece and cover with batting and satin; stitch in place, finishing top edge in binding stitch. Pin and stitch satin to lip piece.

10. Join two ends of side piece using overcast stitch and one strand of wool yarn. Using small safety pins every ¾ inch, attach bottom to side. Use binding stitch to join.

11. Join ends of lip; attach lip to top using binding stitch. Bind edge of top and edge of bottom with wool yarn.

Heart picture, page 79

(Finished size = 12x12 inches)

Materials: 16x16 inches #22-count canvas; 75 yds. dark blue embroidery floss for background; 20 yds. light blue embroidery floss for sky; small amounts of embroidery floss and Persian wool yarn in the colors listed on page 134 (see color key); #22 tapestry needle; light-colored waterproof marking pen; black marking pen; 12x12-inch stretcher strips; masking tape; 4½ feet of ½-inch-wide blue grosgrain ribbon; tracing paper; needlepoint frame.

Instructions:

1. With a black marking pen, enlarge pattern on page 134 onto tracing paper. Center canvas on top of pattern and secure with masking tape. With a light-colored waterproof marking pen, transfer design onto canvas, using black outlines as a guide. Remove canvas from paper pattern and bind edges with masking tape.

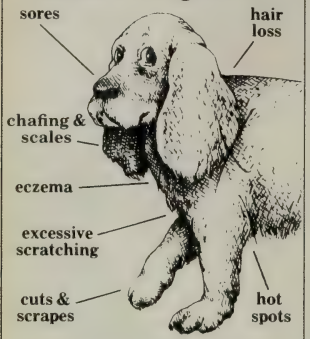
2. Mount canvas in a needlepoint frame and begin working background, stitching around the heart. Work background in vertical brick stitch, using 6 strands of dark blue embroidery floss. The background should measure 12 inches square when completed.

3. Begin stitching areas inside the heart, referring to stitch and color keys on page 134. Work one section at a time, following outlines on canvas.

4. When heart is complete, block canvas. Assemble stretcher strips to make a frame and mount canvas in frame, securing edges in back with staples or masking tape. Glue ½-inch-wide grosgrain ribbon around edges or mount finished picture in a frame.

continued

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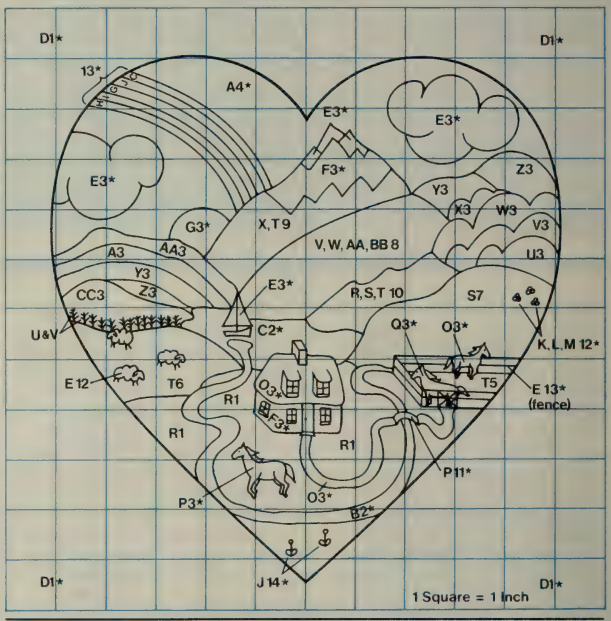
Adventures in needlepoint

HEART PICTURE COLOR KEY

A	Light blue	F	Gray
B	Medium blue	G	Yellow
C	Blue	H	Red
D	Dark blue	I	Orange
E	White	J	Green
K	Pink	X	Dark blue-green
L	Coral	Y	Forest green
M	Lavender	Z	Dark forest green
N	Black	AA	Light kelly green
O	Dark brown	BB	Kelly green
P	Golden brown	CC	Brown rust
Q	Tan		
R	Light olive green		
S	Medium olive green		
T	Dark olive green		
U	Light blue-green		
V	Medium blue-green		
W	Blue-green		

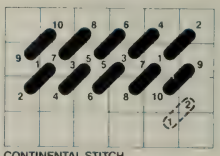
STITCH KEY

1 Vertical brick stitch	6 Encroaching Gobelin stitch	11 Bullion stitch
2 Continental stitch	7 Wave stitch	12 French knot
3 Satin stitch	8 Hungarian stitch	13 Outline stitch
4 Parisian variation stitch	9 Leaf stitch	14 Lazy daisy stitch
5 Slanting Gobelin stitch	10 Fishbone leaf stitch	* denotes embroidery floss



STITCH GUIDE

Here is a list of the stitches used to complete the needlepoint projects on the previous pages.



CONTINUED STITCH



DOUBLE UPRIGHT CROSS-STITCH

continued

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No other cigarette with
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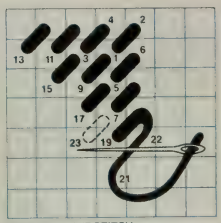
ONLY 5 MG TAR

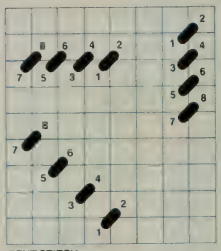
Get what you never had before:
Satisfaction with ultra-low tar.

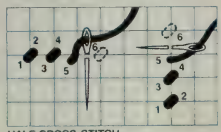
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

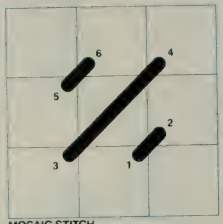
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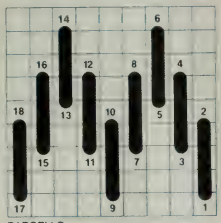
Stitch guide

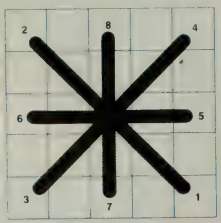

BASKET-WEAVE STITCH


TENT STITCH

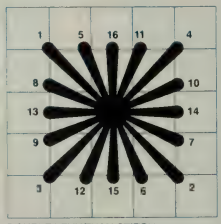

HALF-CROSS-STITCH

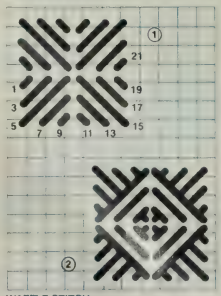

MOSAIC STITCH

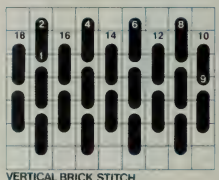

BARGELLO


SMYRNA STITCH

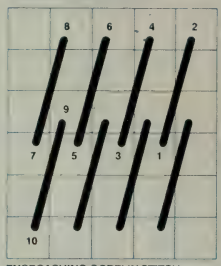

UPRIGHT CROSS-STITCH

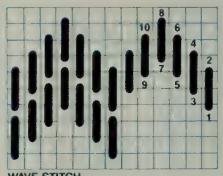

DOUBLE LEVIATHAN STITCH

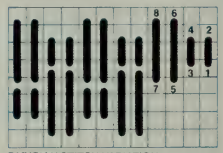

WAFFLE STITCH

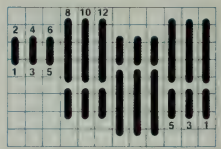

VERTICAL BRICK STITCH

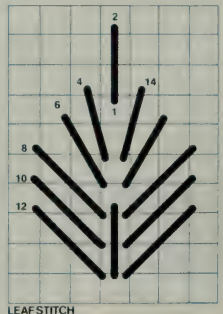

SLANTING GOBELIN STITCH

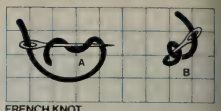

ENCROACHING GOBELIN STITCH

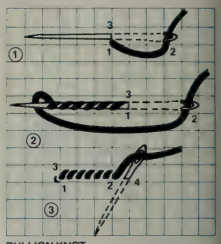

WAVE STITCH

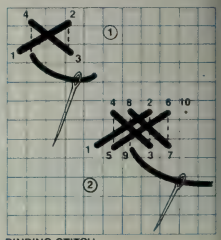

PARISIAN STITCH VARIATION

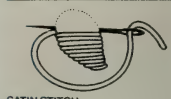

HUNGARIAN STITCH


LEAF STITCH


FRENCH KNOT

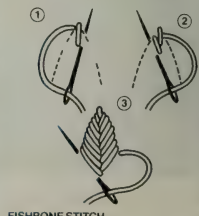

BULLION KNOT


BINDING STITCH


SATIN STITCH


OUTLINE STITCH (also called stem stitch)


LAZY DAISY STITCH


FISHBONE STITCH

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Good Vitamin News for You and Your Family.

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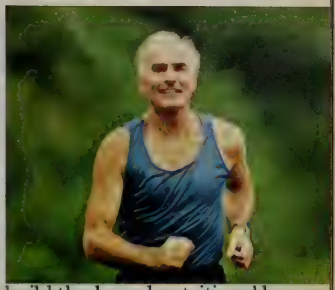
CENTRUM contains 21 ssential vitamins and minerals om A to Zinc; more than any f today's leading brands. ompare the CENTRUM ormula to any one of them. nly CENTRUM provides very vitamin and mineral for hich a U.S. Recommended aily Allowance has been stablished. CENTRUM, a product of sophisticated technology, represents an up-to-date approach to multivitamin-multimineral supplementation.

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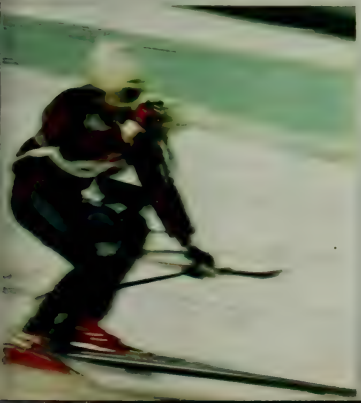
CENTRUM, as complete as it is, is no substitute for being careful of the way you eat and live.

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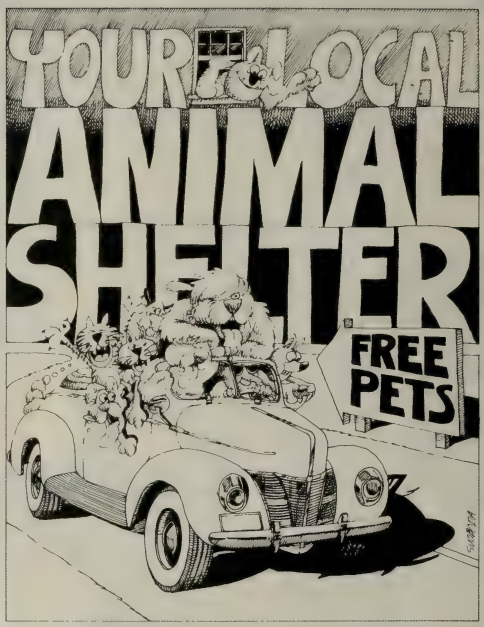


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Barbara Humeston

Shopping for giveaway pets



Though prices for most things keep going up, you can still get a good pet without spending a bundle. Plenty of dogs and cats are "up for grabs" all the time. You just have to know where to look and how to check out the prospects when you find them.

Picking a pet that suits

Even before considering *where* to find a good, inexpensive pet, figure out what type of animal best suits your family—dog or cat, full-grown animal or puppy or kitten, male or female, long hair or short hair (dogs and cats with short, dark coats generally require the least care), large or small variety.

Remember, too, that even though the initial cost may not be much, it's a down payment on some inevitable expenses to come. Your new dog or cat probably will be due for a visit to the veterinarian first thing. At the least, you'll want to have the veterinarian check the animal for parasites and bring his vaccinations up to date. If the animal hasn't been neutered, seriously weigh that option, too. And don't overlook recurring expenses for food, license fees, perhaps even training and grooming. The animal you choose could be a member of your family for ten to 15 years or more.

Where to look

Animal shelters are the "bargain basements" of the pet world. Over 15 million adoptable pets are available through shelters every year, and you generally make only a modest tax-deductible donation to the shelter for the animal you choose.

Sometimes you may have to agree to have the animal neutered at your expense or to return him to the shelter if the adoption doesn't work out. Otherwise, the red tape is usually kept to a minimum. Shelters are operated by private nonprofit organizations like the SPCA (Society for the Prevention of Cruelty to Animals) and/or cities and counties (in which case they're usually called pounds). Most are listed in local telephone directories.

In dealing with shelters, stick to your guns about the general type of pet you're looking for. Homeless animals—especially puppies and kittens—can be irresistible. Chances are if you go to a shelter just to "shop around," you'll go home with a pet of one kind or another—but not necessarily the one you've been looking for.

The best plan of action is to telephone the shelter and find out if any of the animals on hand comes close to your specifications. If not, be patient and call back again in a week or so. But sometimes a preliminary visit can't be avoided, as many shelters' phones are hooked up to recordings that only tell when the shelters are open.

You also can leave a written request with the shelter for the type of pet you want. That way, your name will be at hand when a likely animal comes in. This is an especially good idea if you're looking for a particular breed.

Other good sources of inexpensive pets are veterinarians, boarding kennels, and dog trainers. They sometimes get requests to place unwanted animals. Veterinarians and boarding kennels may become permanent caretakers of abandoned dogs and cats whose owners have decided not to pick up the tab for their pets' care.

Classified sections in local newspapers are usually loaded with advertisements for free pets. You can simplify screening these ads by using the phone. Once again, it pays to be patient and hold out for the kind of pet that suits your family best. You might even try placing a "willing to adopt" ad, indicating the type of pet you want.

Friends, neighbors, relatives, and associates at work are bound to come up with a menagerie of available pets, too, if they know you're in the market.

If you're interested in a specific breed of dog or cat, you might try local kennel or cat clubs. That isn't easy, however, because they usually aren't listed in phone directories. Ask a veterinarian or the local shelter if they can put you in touch with one.

Checking out the prospects

When you find a dog or cat that seems to measure up, give the animal a thorough inspection. Are his eyes and

continued

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Ken-L Ration Special Cuts. It's more nutritious than prime beef. Dogs prefer it over burger dog food.

It's a cut above beef. When it comes to nutrition, Special Cuts is actually better for your dog than a butcher's best beef. It has all the nutrition dogs need every day.

It's a cut above burger dog food. When it comes to good taste, dogs prefer Special Cuts over the leading burger dog food. We proved it with tests in homes like yours.

Special Cuts really is something special.

A cut above burger. A cut above beef.



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Save 15¢

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GROCER: As our agent you may accept this coupon from retail customers only when redeemed on the specified product(s). Quaker will reimburse you for the face value of this coupon plus 5¢ for handling. Any other use may constitute fraud. Adequate proof of purchase must be submitted upon request. Customer pays any tax. This coupon is void if transferred, assigned, reproduced, taxed, licensed, restricted, or wherever prohibited by law. Offer good only in U.S.A. Cash value .001¢. Only retailers and Quaker authorized clearing houses send to The Quaker Oats Company, P.O. Box 4106, Oak Park, IL 60603. TERMS OF OFFER: Redeemable only on the purchase of specified product(s). Any other use may constitute fraud. LIMIT ONE COUPON PER PACKAGE.



15¢ 911¢ Good only on 24 oz. or 48 oz. sizes 15¢

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Admit it. You're not really sure your clay litter controls odors.



You can't be sure with clay litters. Even the leading clay litters with their perfumes and colored specks can't control odors as well as Litter Green. Every pellet of Litter Green has natural alfalfa deodorizers clay litters don't have. That's why Litter Green controls odors better and keeps your home smelling fresher.

"With Litter Green, I'm fina sure my home smells fres



Get Litter Gree And be sure.

continued

Giveaway pets

nose clear? Are his ears clean? Are his gums pink and firm? Does he have a full, glossy coat? Wave something in front of the animal's eyes to see if he responds. Make a noise when his back is turned to see if he reacts.

It's smart to make any adoption conditional upon a clean bill of health from your veterinarian. Then take your prospective pet in for a checkup right away, before you have a chance to get attached to him. Unfortunately, some dog and cat diseases show up only after a couple of weeks' incubation period, so you may want to have your new pet examined again then.

Find out as much as you can about the animal's background. Why is he up for adoption? Is he accustomed to other pets and/or children? Has he ever bitten anyone? Is he housebroken? Has he been neutered? Does he require any medication or special care?

Any pet you consider should be reasonably lively and responsive. Beware of a dog or cat that rejects your attention. If the animal is being housed at a shelter, ask the attendant to take him to a less frenzied area where you can get acquainted. You may see a complete change in character.

If you're favorably impressed by everything you've seen, find out what the animal eats, what he likes to play with, any commands he knows. Medical records are helpful, too. And find out if it's OK to contact the former owner (many shelters won't give out previous owners' names).

Coping with special problems

Adopting strays that show up on your doorstep or follow you home is a marvelously kind act, but it also can be chancy business. Proceed with caution. The animal may have been abused or have some quirk—an insane fear of cars, dislike of children, or whatever—you have no way of knowing about.

Have the veterinarian check out the animal right away. In the meantime, keep him isolated from other pets already in your household.

Younger animals usually adjust to new homes more easily than older pets. On the other hand, mature pets are more likely to be housebroken, they're usually less prone to illness and injury, and they won't require the care and attention a puppy or kitten demands. Full-grown animals can be experienced watchdogs and mousers—if that's what you're looking for. If they're used to having children around, adult pets make sturdier playmates than extremely young animals. Also, older animals won't surprise you with their eventual size, looks, etc.

Adopting a second or third animal can pose problems. An adult pet that's already part of your household usually adjusts pretty smoothly to a new "youngster." But introducing one adult to another may take some doing.

Regardless of what kind of pet you adopt, it's sensible to set up a trial period—a couple of weeks for the new pet to get acquainted in your home before the adoption becomes final. By then, you'll know if the arrangement is going to work out. If not, you can return the animal to his former owner.

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RED WINE WOULD BE APPROPRIATE WITH OUR NEW FLAVOR COMBINATION.



"Meow"

1979. A very good year for Meow Mix® cat food.

For it's the year we're introducing our second flavor combination.

It's beef, liver and kidney flavors. In the new blue box.

Three full bodied flavors cats have never had any beefs about.

Not only is our second flavor combination a great dish in its own right, it's a great change of pace from our first combination of tuna, liver and chicken flavors.

Which, by the way, as any gourmet cat knows goes well with a rosé.

Your cat just has to meow to order the new Meow Mix. But to get you to order it, we'll stake you to 15¢.

Cheers.

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15¢ **15¢ OFF ANY SIZE** 15¢

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147C 147C

TASTES SO GOOD CATS ASK FOR IT BY NAME.®

Offer Expires March 31, 1980



Is the ugliest thing in your garden your hands? Here's help.



While you're creating beauty, your hands are going to pot. Rough, red, chapped hands like these can make you want to give up gardening.

You should know about Neutrogena® Hand Cream. This heavy-duty cream was originally developed in Norway to help the hands of Arctic fishermen. It puts a barrier between damaged hands and the things that have hurt them, gives raw, cracked skin time to heal. Often recommended by doctors, Neutrogena Hand Cream is so concentrated, just a dab is all that hurting hands need.

Keep it handy when you garden, and when you don't. $3, but worth it; satisfaction guaranteed or your money back from Neutrogena. **Available at selected nurseries and all better drugstores.**

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begins on page 80

Crab apples

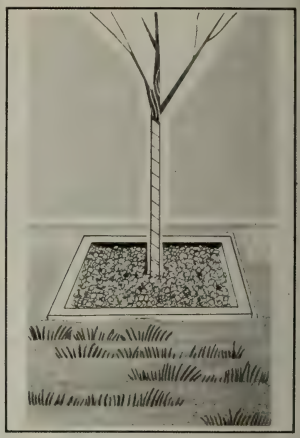
hammer so more of the stem is exposed for absorbing water. Strip the buds from the part of the stem that will be below water. Then arrange the branches in a bottle or vase filled with warm water and place the arrangement in bright, indirect light, but not full sun.

HOW TO PLANT YOUR CRAB APPLE

Dig a hole wide and deep enough to allow the roots to spread naturally. Set the tree as deep as it was in the nursery—indicated by the soil stain on the trunk.

To prevent winds from disturbing new roots, drive a 2x2-inch stake between the roots four to six inches from the trunk. Drive the stake 20 inches below the soil level, and let the top stand four to five feet above the ground. Use wire to tie the trunk to the stake, but run the wire through pieces of old hose so the bark will not be rubbed away. Twist all of the loose wire ends firmly around the stake. Leave the stake in place until the tree is well established—one to three years.

To protect against sunscald and borers, wrap the trunk with commercial tree wrap. Start wrapping a couple of inches below the ground level and spiral the wrap up the trunk, stopping at the first limb. Tie the top of the wrap to hold it in place. Leave the wrap on for about two years. Each spring and fall, loosen the tying cord to prevent it from strangling the expanding trunk.



Mulch around the base of your tree to conserve moisture and also to avoid possible damage from a lawn mower. During hot, dry weather, water thoroughly several times a week, and supply enough water so that moisture reaches the deepest roots. Withhold water when all the leaves drop in the fall, but soak the ground before winter sets in.

Trim away any broken branches. If two branches rub against one another, remove the smaller or weaker of the two. If two limbs form a sharp V, cut one off at the base of the V to avoid possible split damage later when the branches are heavier. Branch position does not change as the tree matures; a branch that is now 20 inches above the ground will always be at the same height. If your tree has branches lower than you like, remove one or two each season. Prune, also, to maintain the overall shape you desire.

Benson & Hedges 100's



"B&H, I like your style."

17 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report May '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

ROOM ARRANGEMENTS

Page 84: Carpet—WestPoint Pepperell, Inc., Carpet & Rug Div., P.O. Box 1208, 120 E. Morris St., Dalton, Ga. 30720. Sofa fabric—Tressard Fabrics and Wallcoverings, Inc., 979 Third Ave., N.Y., N.Y. 10022. Window blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030. Lamps—George Kovacs Lighting, Inc., 831 Madison Ave., N.Y., N.Y. 10021.

Page 85 (top): Sofa fabric—Connaissance Fabrics, Inc., 979 Third Ave., N.Y., N.Y. 10021. Wall and drapery fabric—Henry Calvin Fabrics, 724 Battery St., San Francisco, Calif. 94111.

Page 86 (top): Sofa and shade fabric—Clarence House, 40 E. 57th St., N.Y., N.Y. 10022. Glass table lamp—The Wicker Works, Inc., 650 Potrero Ave., San Francisco, Calif. 94110. Area rug—Carousel Carpet Mills, Inc., One Carousel Lane, Ukiah, Calif. 95482.

Page 87: Sofa—Simmons Co., 4411 E. Jones Bridge Rd., Norcross, Ga. 30092. Sofa and chair seat fabric—F. Schumacher & Co., 939 Third Ave., N.Y., N.Y. 10022.

Pages 88-89: All upholstered modular furniture "Elevations"—Simmons Co. (address above). Rug—Karastan Rug Mills, 919 Third Ave., N.Y., N.Y. 10022. Hutch "Haymarket"—Heywood Wakefield Co., Gardner, Mass. 01440. Round white table—Knoll International, 240 Greenwich Ave., Greenwich, Ct. 06830. Chairs—Otto Gerdau, 82 Wall St., N.Y., N.Y. 10005.

PRIZE TESTED RECIPES

Page 110 (left): Casserole dish—Copco, Inc., 230 Fifth Ave., N.Y., N.Y. 10001. Wineglass—Fostoria Glass Company, 1200 First St., Moundsville, W.Va. 26041. (Center right): Dinner plates—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610. Serving pieces "Multi"—Denby Ltd. Inc., 41 Madison Ave., N.Y., N.Y. 10010. Platter—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.





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What you can expect from your contractor

Before you sign the contract with the contractor of your choice, you should be aware of exactly what you're buying. The contractor is responsible for much more than just following a set of working drawings. Here's what you can expect from him:

The contract itself

The contract outlines in detail the project and the contractor's obligations. It should state all points agreed upon by you and the contractor—the scope of work to be done, completion date, payment method, and amount.

Plans and specifications should also be included in the contract. The plans consist of all drawings connected with the project. The specifications consist of a description of all the materials and their quality, and the work to be done on the site by the contractor and his subcontractors. Avoid signing a complicated contract without consulting your lawyer. Don't, under any circumstances, sign a contract with any blank spaces left on it.

The contractor's obligations

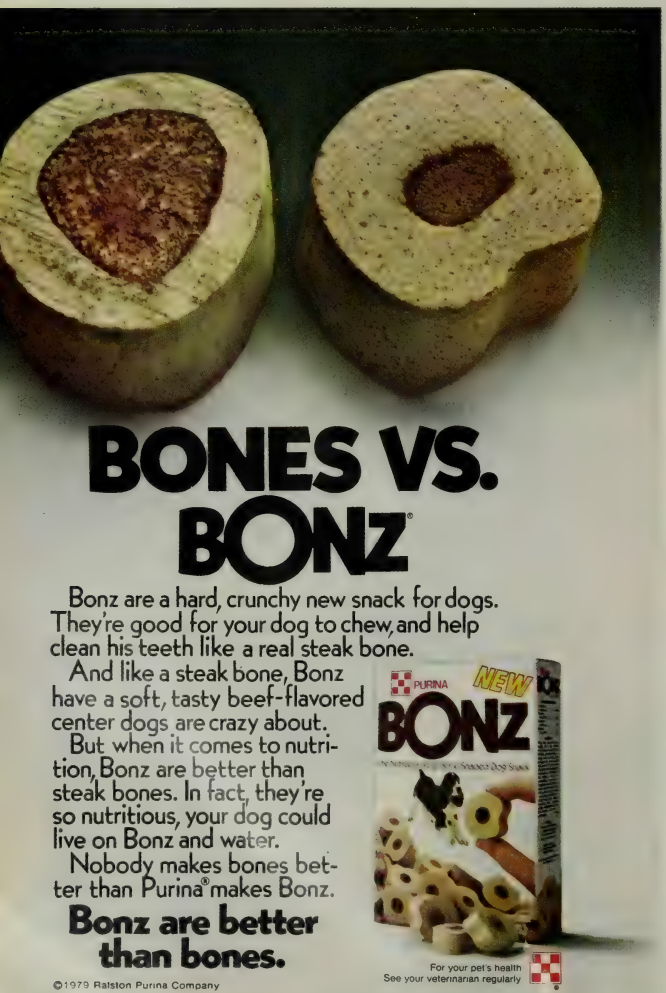
The contractor schedules and supervises the entire project. He orders and pays for all of the materials and sees that they are shipped to the site as they're needed. He hires and pays the various subcontractors—such as excavators, carpenters, plumbers, masons, electricians, and painters. He coordinates the work of all the subcontractors to make sure the job progresses smoothly and quickly. The contractor handles the budget and checks the job on the site for any oversights or errors that need correcting.

The legalities and technicalities

The contractor must secure and pay for all building permits, utility connection fees, and licenses required for the work. He also has to give the required notices to local governmental agencies. The contractor must know and comply with all government ordinances, laws and rules and regulations regarding the construction. He must pay for all the equipment, scaffolding, temporary heat and sanitary facilities.

The contractor should carry liability insurance to include workmen's compensation and property damage. Generally it's not possible to insure against theft of materials at the site, but the contract can stipulate that the contractor is responsible for materials. (You should carry property insurance to cover fire damage, vandalism, and malicious mischief, as well as liability losses.)

When the job is finished, the contractor should leave the house clean enough for you to move in. He also should guarantee his work and make good all defects due to labor and materials for one year or more after the job has been accepted and paid for. Before signing the work completion certificate, you should get proof (such as duplicate bills) that the contractor has paid all the subcontractors.





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STORE COUPON

BHG879PL

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Meal-maker pies

What could be handier than these hearty main-dish pies? They combine meat, vegetables, and bread or pastry all in one dish—and they taste great.

ROUND STEAK PIE

Be sure the meat mixture is hot when you add the biscuit-wedge topper so it will bake thoroughly—

- **1 pound beef round steak, cut in ¾-inch cubes**
- **2 tablespoons cooking oil**
- **1 8-ounce can tomatoes, cut up**
- **2 medium onions, chopped (1 cup)**
- **½ cup water**
- **1 tablespoon sugar**
- **¾ teaspoon salt**
- **⅛ teaspoon pepper**
- **½ teaspoon worcestershire sauce**
- **1 10-ounce package frozen Italian-style vegetables**
- **1 6-ounce can sliced mushrooms, drained**
- **½ cup dairy sour cream**
- **¼ cup all-purpose flour**
- **1 recipe Sour Cream Biscuit Topper**



Photographs: Decker

In large saucepan brown steak cubes, half at a time, in hot oil. Return all the beef cubes to saucepan. Stir in *undrained* tomatoes, onion, water, sugar, salt, pepper, and worcestershire sauce. Cover; simmer about 1½ hours or till meat is tender. Stir in Italian vegetables and mushrooms. Stir together sour cream and flour; add to meat mixture. Cook and stir till thickened and bubbly. Transfer meat mixture to a 2-quart casserole. Top hot mixture with Sour Cream Biscuit Topper. Bake in 400° oven for 20 to 25 minutes or till topper is done. Makes 4 to 6 servings.

To make Sour Cream Biscuit Topper: In small bowl stir together 1 cup *all-purpose flour*, 1½ teaspoons *baking powder*, and ½ teaspoon *salt*. Cut in 3 tablespoons *shortening* till mixture is the consistency of coarse crumbs. Stir in ⅓ cup *dairy sour cream* and 2 tablespoons *milk* till dry ingredients are moistened. Turn dough onto lightly floured surface; knead 10 times. Pat or roll dough to an 8-inch circle. Cut into 6 wedges.

What vegetable has more iron and protein than these ordinary vegetables*...





PORK AND APPLE PIE

1 pound lean ground pork
1 medium onion, finely chopped (⅓ cup)
½ cup fine dry bread crumbs
½ cup chicken broth
1 teaspoon salt
Dash pepper
Pastry for 2-crust 9-inch pie
2 medium cooking apples, peeled, cored, and sliced (2 cups)
2 tablespoons brown sugar
¼ teaspoon ground cinnamon

In skillet cook pork and onion till pork is browned and onion is tender. Remove from heat. Stir in bread crumbs, chicken broth, salt, and pepper. Line a 9-inch pie plate with *half* the pastry; fill with meat mixture. Combine apples, brown sugar, and cinnamon; spoon atop meat layer. Adjust top crust; seal and flute edges. Cut slits in top crust for steam to escape. Bake in 400° oven for 35 to 40 minutes or till golden brown. Let stand 10 minutes before serving. Makes 6 servings.

DILLED SALMON PIE

To keep the pastry shell from shrinking as it bakes, cover the bottom and sides of the shell with foil and fill the shell with uncooked dried beans.

1 9-inch unbaked pastry shell
2 medium onions, chopped (1 cup)
¼ cup chopped green pepper
2 tablespoons butter or margarine
1 tablespoon snipped parsley
¼ teaspoon dried dillweed
3 tablespoons all-purpose flour
½ teaspoon salt
Dash pepper
1 cup milk
½ cup shredded Swiss cheese
1 15½-ounce can salmon, drained, flaked, and cartilage removed
¾ cup soft bread crumbs (1 slice)



1 tablespoon butter, melted

Do not prick pastry. Bake pastry shell in 450° oven for 5 minutes; set aside. Meanwhile cook onion and green pepper in the 2 tablespoons butter or margarine till tender but not brown. Stir in parsley and dillweed. Blend in flour, salt, and pepper. Add milk all at once. Cook and stir till mixture is thickened and bubbly. Stir in cheese till melted. Gently fold in salmon. Pour into pastry shell. Mix bread crumbs and the remaining butter. Sprinkle atop pie. Bake in 350° oven for 30 to 35 minutes. Let stand 5 minutes before serving. Makes 6 servings.

And more baked-in, homemade flavor than ordinary beans?



No one food provides all the nutrients necessary for a well-balanced diet. For example, green beans have more vitamin B_1 than baked beans; carrots have lots of vitamin A, baked beans none. But you may be surprised to know that B&M® Baked Beans have more iron than spinach and more protein per serving than any of the other vegetables shown here. Which makes B&M a nutritious change-of-pace from the other vegetables you eat.

And B&M Baked Beans have a hearty, homemade taste. Baked for 7 hours in a distinctive brown sugar sauce, B&M Baked Beans are deliciously different from ordinary tomato-sauce pork and beans, which are only steamed, not baked. What's more, B&M Baked Beans are made with the finest ingredients.

B&M Baked Beans. More hearty, homemade flavor than ordinary beans.

* per serving



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The full, spreading branches of this beautiful oak tree make a magnificent latch hook rug or wall hanging for your home. Bright orange sun behind an oak tree in shades of brown against a white background is certain to add just the right touch of splendid color! Complete kit contains printed design on 4-mesh cotton canvas, precut acrylic rug yarn and full instructions. Longer yarn gives branches a full, 3-dimensional look. Wall hanging/rug finishes to a stunning 24"x36"! This majestic tree blooming in the reflection of the setting sun is a true masterpiece!

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FOOD

20 hot dog ideas!

With a dash of imagination, you can capitalize on convenient, no-waste frankfurters.

Easy appetizers

- Accent deviled egg filling with finely chopped franks.
- Thread frank chunks on skewers with bacon and pitted ripe olives; broil.
- Use warm frank pieces as dippers with cheese fondue or barbecue sauce.

Economical main dishes

- Slice franks into canned soup for a satisfying lunch.
- Add heartiness to Spanish rice with chunks of frankfurters.
- Fill green peppers or zucchini with rice stuffing mixed with sliced franks.
- Enhance a zesty chili or spaghetti sauce with frank chunks.
- Layer frank slices in a scalloped potato casserole.
- Sprinkle frank slices into pancake batter for a breakfast treat.
- Skewer bias-sliced franks with pineapple and cherry tomatoes; broil.
- Add franks to scrambled eggs or omelet fillings.
- Add thin-sliced frankfurters to a cream sauce; serve over biscuits.
- Pep up homemade or from-a-mix macaroni and cheese with franks.
- Add julienne strips of franks to a chef's salad.

Satisfying sandwiches

- For a different pocket-bread filling, use chopped or sliced franks instead of ground beef or lamb.
- Cut the cost of a Reuben by substituting franks for corned beef.
- Top English muffin halves with pizza sauce, frank slices, and cheese; broil.
- For a super sandwich, fill toasted onion rolls with ground franks blended with chopped celery, onion, mayonnaise, and mustard.
- Broil or grill bacon-wrapped franks and serve in hot dog buns spread with cheese spread.
- Roll up franks inside corn or flour tortillas. Heat and serve with your favorite guacamole dip.

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SMUCKER'S LOW SUGAR SPREADS.

1/2 the sugar and all the fruit.

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With a name like Smucker's, it has to be good.

An eye-opening entry

Want to swap your front porch for something more serviceable? The William Wingates made their little-used porch yield a much needed entry and extra square footage for their living room.









Photographs: E. Alan McGee. Architect: Kemp Mooney. Source: Ruth Grenc

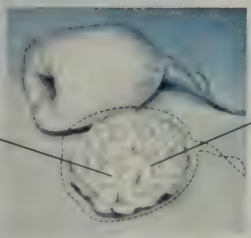
The old porch was charming, as you see in our "before" photo, *top left,* but the Wingates felt this exterior space wasn't as useful as it could be. Enclosing the porch gave the whole house a fresh new appearance without altering its traditional architectural lines (see the "after" picture, *top right*). Three sets of French doors now line the front of the house and provide enough light to liven up the once dark living room, while a new brick path leads guests straight to the trellised entryway. The former walk has been camouflaged by new landscaping.

The front door is at the side of the house now, and opens into the new entry, *left.* A colorful antique Oriental rug welcomes you as you enter the house, and a large archway leads you into the living room, *above.* You can see that the first set of French doors forms the side of the entry, while the other two doors are part of the living room. The living room fireplace was moved during the remodeling, and now is inoperable, but it still provides the same cozy atmosphere. The living room, now measuring 12x20 feet, used to run across the front of the house, but is now perpendicular to the front wall and runs parallel to the new entry hall.

New from Procter & Gamble



The only tampon with double-absorbing action.



Sponges to absorb fast.
Rely's sponges expand and absorb almost instantly.
So you're protected from the start

Super fibers for holding power.
Rely's super-absorbent fibers pull the flow from the sponges.
Hold up to 17 times their own weight.

t even absorbs the worry.

If you're worried that maybe your tampon isn't doing its job, you probably aren't using Rely.

Only Rely gives you double-absorbing action. Because Rely is made a whole new way. Not from compressed cotton and rayon, like other tampons, but from tiny expandable sponges and super-absorbent fibers, all contained within a silky outer covering.

Only sponges absorb like sponges.

And Rely's expand to absorb almost instantly. Your own body moisture makes this happen. While the sponges are absorbing, the super-absorbent fibers are drawing the flow out of the sponges and holding it deep inside the tampon. So the sponges can absorb even more. That's what gives you double-absorbing action.

Rely's the best protection against tampon by-pass accidents.

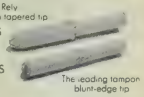


Because of its unique construction and super-absorbent materials, Rely fits better than any other tampon. It gives you superior protection against tampon by-pass (the accident that happens when there's a gap between your tampon and you).

Rely expands as soon as you insert it, gently billowing out to a cup-like pillow. It's wide at the top and tapered at the bottom, to allow the vaginal walls to close around it snugly and protect you. If there's no gap for the flow to pass by, there's no tampon by-pass.

Some women find Rely's Regular size so absorbent, they depend on it exclusively. But if you're like most women, Rely Super on heavier days and Regular on lighter days will probably keep you free from worry.

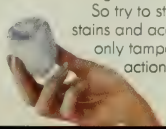
The assurance of comfort.



Just as Rely's expandable sponges fit you gently, they also stay with you. As you move, bend and flex throughout the day, Rely gently bends and flexes with you.

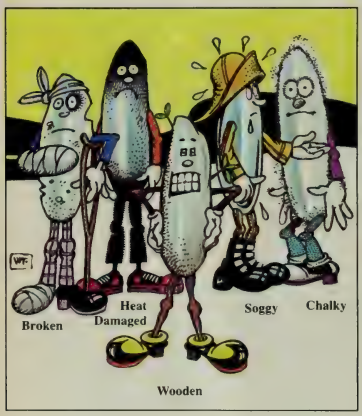
And its smooth plastic inserter with a tapered tip glides in easily, unlike those blunt-edge applicators that can pinch along the way.

So try to stop worrying about gaps, stains and accidents. Try Rely. It's the only tampon with double-absorbing action. It even absorbs the worry.



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THE RICE TRUTH:



Ah! You've failed rice. It was wooden or soggy or mushy. You, who can whip up the wildest chocolate souffle...flunked rice. Might we point out that *you* may not have failed at all. In truth, you may have been living under the misconception that all rices are like all other rices.

This is not true. Some are mediocre. Some are outstanding —like MJB.

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All rices promise perfection. But only by beginning with the best can you *be* the best. Today, the government has nicely graded rice as they grade eggs. The grades range from One, the Elite, to Six which is passable. MJB's Grade One has a subtle sun-earth flavor and cooks up delectable. Exquisitely fluffy. Every time. Lift the lid off a pot of freshly steamed Grade One rice and inhale the warm wonderful aroma. You *know* the difference. Grade One is seeable in the box. Sprinkle MJB Rice in your hands and you see little if any broken grains. Enjoy the goodness of an unsurpassable rice. From the people who bring you Grade One Long Grain Rice.





MJB Another fine food from the MJB Family.

FOOD

Homemade bread for snacking

Keep Sunflower Seed Squares on hand so you'll have something wholesome to nibble when the between-meal hungries strike.



Photograph: Deiter

SUNFLOWER SEED SQUARES

Instead of the usual loaf pan, you spread this batter in a jelly-roll pan and cut the baked bread in squares—

2 cups all-purpose flour
1 package active dry yeast
3 tablespoons wheat germ
½ cup butter or margarine
1 tablespoon honey
1 teaspoon salt
1 egg
1 cup whole wheat flour
½ cup shelled sunflower seeds
½ cup chopped walnuts

In large mixer bowl combine *1½ cups* of the all-purpose flour, the yeast, and wheat germ. In saucepan heat *1¼ cups water,* butter or margarine, honey, and salt just till warm (115° to 120°), stirring till butter almost melts. Add to dry mixture in mixer bowl; add egg. Beat at low speed of electric mixer ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in the remaining all-purpose flour, the whole wheat flour, and *half* of the sunflower seeds and walnuts. Cover; let rise in warm place 30 to 45 minutes or till double. Stir batter down. Spread evenly in a greased 15x10x1-inch baking pan. Sprinkle with remaining sunflower seeds and nuts; press into batter lightly with hands. Cover; let rise in warm place till double. Bake in 400° oven for 30 minutes. Cool on wire rack. Cut in squares. Makes 36 squares.

Now. No more fights over 'who gets what.'

Whatever your family's favorite chicken part, you can now get it from Banquet®. Your choice of Fried Chicken Portions to keep in the freezer, ready for the oven. In minutes—crisp, hot fried chicken at a price that take-out can't beat.



Sharing foreign travel with left-behind kids

Few parents would debate the educational value of a foreign vacation for school-age children. Most educators would agree, too, that the benefits of a foreign experience often outweigh the loss of two or three weeks from the classroom. But what if the family budget just won't stretch far enough to take the youngsters along (and that's likely if they're over 12 and must pay adult fares)?

With a little imagination, you can share your trip abroad with your stay-at-home youngsters so they won't feel hurt or resentful at being left behind. Not only that, you'll enrich their knowledge of distant peoples and places, and whet their appetites for foreign travel later on.

Colorful correspondence

Fill your correspondence with details of the people you meet and the places you see in terms youngsters can relate to. School-age children will find it interesting that their European counterparts wear uniforms, that riverboat children on the Rhine are often taught by their parents, and that girl scouts and boy scouts in most countries look remarkably like those at home. In your correspondence stress the looks, interests, and activities of children you encounter along the way.

When there isn't space in a letter, keep notes or a diary for storytelling later on. You can make an ordinary postcard special to an elementary school youngster by opening with a friendly foreign greeting and closing with a foreign farewell (along with the appropriate translations).

Money with meaning

Start a collection of coins from the countries you visit or add to a collection your child already has.

You also can save one of each denomination of coin from each country you visit and keep track of what everyday items cost in local money there. When you get home, work out a game or a set of problems (depending on the age of your child). You might let him or her "purchase" items with the coins. Or, have your child convert the costs of foreign items to the equivalent values in dollars and cents, then compare the costs with prices of the same merchandise in American stores.

Many foreign post offices also sell packaged sets of stamps and sometimes albums at special windows set up for collectors.

Foreign friendships

Track down a pen pal for your child. Adults on tour (unless they're participating in a people-to-people program, etc.) seldom have the opportunity to mix with children. But watch for sons and daughters of innkeepers, tour guides, and others you meet. Tourist offices and schools in foreign countries often are happy to put you in touch with school-age children eager to correspond with someone their own age in the U.S. Offices of the boy scouts, girl scouts, and other youth organizations are good sources, too.

Savvy souvenirs

Try to make the presents you bring home to youngsters meaningful. Rather than picking up a T-shirt emblazoned with the name of your destination, select a costumed doll from Holland, a colorful tartan from Scotland, or an authentic Boys' Day carp kite from Japan.

What period of history is your child studying? Bring him something that relates to it. In Westminster Abbey, for example, you can make or purchase charcoal rubbings of the tombstones of British sovereigns, as well as such notables as Chaucer, Browning, Tennyson, and dozens of others.

If your child is studying the language of one of the countries you visit, choosing a gift is easy. Pick up an appropriate novel (even a comic book) in that language. For elementary school children, a picture book with a small amount of text makes a fine present.

If your child has a hobby or special interest, get him a foreign language book on the subject. He may not be able to translate all the words, but his familiarity with the subject will help him make his way through it.

Foreign language newspapers and magazines are great for contemporary events classes. Most countries have English-language periodicals as well, with commercial advertisements and classified ads that give interesting insights into life-styles abroad.

Records or tapes of contemporary music sung in a foreign language make ideal gifts for teens. Find out who the popular idols and recording stars are. Recordings of local folk music and songs often are available, too. An indigenous musical instrument, such as a Japanese *samisen* or Russian *balalaika*, is a good gift for the musically inclined child.

Purposeful pictures

Perhaps most important are photographs of your trip. Beautiful scenery is fine, as far as it goes. Pictures of Scandinavia, for example, help you understand why Scandinavians tended to settle in the north central and northwestern U.S.; the climate and terrain there reminded them of their home country. Pictures of the harbor at Plymouth, England, can be meaningful to young children who may be learning about the voyage of the Pilgrims. If you have roots in another country, take pictures of the town where Grandma, Grandpa, or other relatives were born.

But best of all, include photos of everyday situations along with your scenics. People at work, storefronts, street signs, and outdoor advertising all help a child who wasn't there understand the country and relate it to things with which he's familiar. Teenagers in particular will be interested in the dress, hairstyles, etc. of their contemporaries. You'll be surprised how many obscure details youngsters will pick out of the photographs that you show at home.

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Try this Overnight Salad Toss, Push The Flavor utton and save 50¢ on your next lettuce purchase.



OVERNIGHT SALAD TOSS

10-12 servings: 8 cups torn iceberg lettuce (1 nall head), 1/2 cup finely chopped green pepper, 1/2 cup finely chopped celery, 1/4 cup thinly sliced red onion rings, 1/2 pound Country Stand Fresh Mushrooms, sliced, 2 teaspoons lemon juice, 1-3/4 cups frozen peas, thawed, about 2 cups mayonnaise, 1 cup (4 oz.) shredded Cheddar cheese, 3 slices bacon, cooked and crumbled.

Layer first 5 ingredients in order given in 4-quart glass salad bowl or casserole, tossing mushrooms with lemon juice before layering. Top with peas. Spread mayonnaise as frosting over all. Seal to edges of bowl. Cover. Refrigerate overnight. Before serving, sprinkle with cheese and bacon. Toss. Serve with salt and freshly-ground pepper.

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Enclosed is one label, any size package of Country Stand Fresh Mushrooms.

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Dormer decorating

What can you do about those little nooks and crannies that crop up in dormer bedrooms? A lot, and here are two choice examples. The brother and sister bedrooms shown below have nearly identical floor plans—including difficult-to-decorate corner windows. The treatments are totally different, yet equally effective in terms of appearance and wise use of limited space.



Left: A set of inexpensive, paint-it-yourself furniture nestles into this dormer area as if it were tailor-made for the spot. Instead of being papered like the rest of the room, the walls of the recessed area were painted white. This creates the feeling of a room within a room, and sets off the dormer as a cozy self-contained corner for study and dressing.

Right: Another way to treat a dormer is to integrate it visually with the rest of the room. Here the chopped-up look was all but eliminated by covering all walls with the same bold plaid wallpaper and painting the trim a dark color. Simple louvered shutters at the window and unobtrusive wall-mounted shelves abet the unifying effect.



Photographs: Semarco, Inc. Source: Estelle Bond Guralnick



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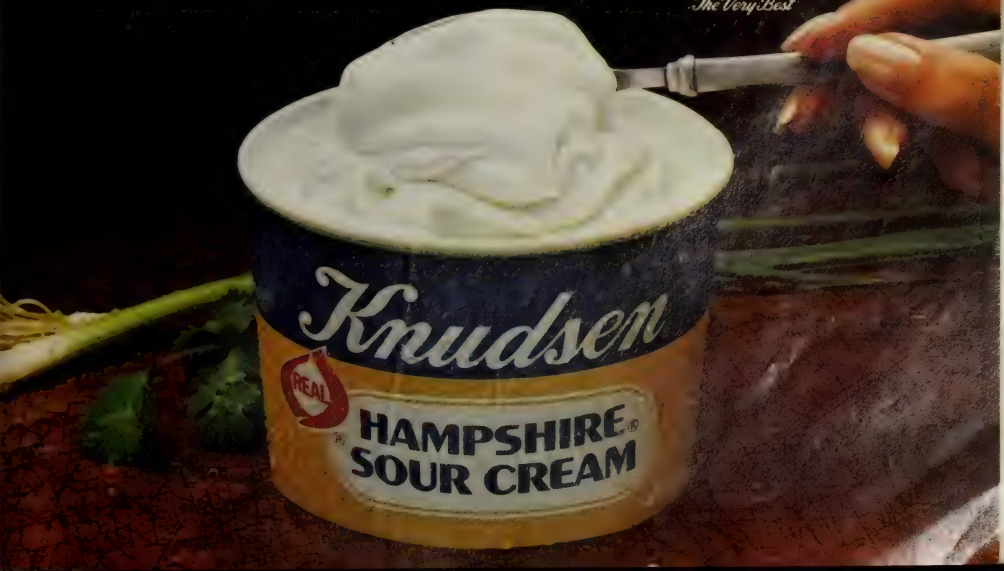


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Sewing machine upkeep

Whether your sewing machine is top of the line or old reliable, it's worth keeping in A-1 working order. Here are a few tips for trouble-free sewing.

● **Knowing your machine.** Read up on the do's and don'ts of your model in the manual that came with it. Get to know what's what and how to troubleshoot when a problem arises. You may even be surprised to learn all that your machine can do! If you've lost the manual along the way, check in the Yellow Pages for the name of a local dealer. Chances are he'll have manuals for recent models in his shop. If not, he can probably order one for you. Or you can write directly to the manufacturer of your machine for a replacement manual. It may cost a few dollars, but it's worth it.

● **Removing dust and lint.** Every time you sew, bits of lint and fiber accumulate around the bobbin case, feed dogs, and moving parts. Before beginning a sewing project, make it a habit to remove the machine's throat plate and brush away this built-up lint.

● **Oiling the machine.** A periodic oiling keeps the machine running freely and reduces friction and wear. If your machine gets heavy use every day, oil it daily. But if you're a weekend seamstress, an oiling every other week will suffice. (Note: Remove all dust and lint *before* oiling the machine.) Never drench your machine with oil. Use a drop or two at each point indicated in your manual. Then run the machine slowly for several minutes so the oil can work into the moving parts. Remove excess oil from the thread-handling parts with cheesecloth or any lint-free fabric scrap.

Some machines have gears that are lubricated instead of oiled. Motors equipped for "gear drive" should be lubricated once a year. But motors with grease tubes require lubrication every six months. On other machines the motor is sealed and needs no lubrication. Look at your owner's manual for answers: whether to oil or lubricate, where to apply the lubricant, and how often. Always use high-quality oil or lubricant made specifically for sewing machines.

● **Your needle.** If you begin to hear a thumping noise as you stitch and notice tiny burrs (ridges or rough areas) along the fabric's stitching line, your needle is probably dull or bent. Replace it with a new one. Be sure to place it correctly in its clamp and set it at the proper height. Inserting the needle incorrectly can cause it to break while you're sewing if it is too delicate for the fabric. When buying a new needle, check the information on the package to make sure the needle is appropriate for the material you're using on the project.

● **Your thread.** To avoid having the thread break at every other stitch, be sure your machine is threaded correctly. The machine's tension (the tightness balance between the spool and bobbin threads) can't be set too tight for the fabric and thread type. If the thread still breaks, check the point of your needle plate for rough spots. And check the needle plate for nicks that can break threads.

● **Jammed thread.** If the spool and bobbin threads jam on the back of your fabric as you begin stitching, hold both threads against the needle plate securely with your fingers for the first few stitches.

● **Thread tension.** Correct thread tension can mean the difference between professional and amateur results. Learn how to adjust your machine correctly. Before starting any new project, test the tension and stitch length by practicing on a double thickness of fabric. The tension is right when both top and bottom threads are drawn equally into the fabric. Unbalanced needle and bobbin tension is a common cause of skipped and puckered stitching.

If you begin to notice tiny loops between stitches, the tension is awry. Dial the tension knob to different settings and experiment by sewing on a fabric scrap until the loops have disappeared. If the fabric still puckers, there may be too many stitches per inch; try lengthening your stitches.

● **Caught threads.** If your seams catch in your machine, check the throat plate. You may be using the zigzag plate by mistake. It has a larger opening, and the size difference can cause the fabric to catch in the machine during straight sewing.

● **Special attachments.** All types of sewing machines, straight or zigzag, come with an assortment of stitching gadgets and attachments. They are all described in the machine's instruction manual. Learn their uses—and practice until you've mastered each technique that's useful to you.

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RETAILER: For payment of face value plus 5¢ handling, send to: Ralston Purina Company, P.O. Box PLT, Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the merchandising program represented by coupons presented for redemption. This coupon is nontransferable, nonassignable, nonreproducible and any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.s, F.P.O.s and void where prohibited, taxed, or otherwise restricted. Cash redemption 1/20 of 1¢. LIMIT ONE COUPON PER PURCHASE OF ONE PACKAGE RYE SQUARES ORCHEDDAR & RYE SNACK CRACKERS. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.



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FIRST IN A SERIES ON HOME OWNERSHIP

Five Myths

MYTH 1

Home prices have gone up at a faster rate than almost anything else we buy.

FACT Housing, compared to energy and other necessities, is more affordable for today's buyers than it was a generation ago. Although the dollar price of housing has gone up sharply in recent years, the cost of housing **relative to family income** is actually less than it was decades ago. Before World War II, the median price of a new house was roughly five times the median family annual income. Today, the median cost of a new house is only about three times the median family income. And unlike most other things you buy, your home is an investment that continues to grow in value.

MYTH 2

They don't build homes like they used to.

FACT Many newer homes are built better than older homes. For example, newer homes have to be more energy efficient today. They also use materials which require less maintenance and last longer. Floor plans are more open and make better use of space. Homes today include many systems and conveniences not found in older homes — air conditioning, built-in appliances, high load electrical capacity, security systems and many other features.

MYTH 3

Property taxes just keep going up, and there's nothing you can do about it.

FACT Although procedures vary, you can appeal the assessment on your home. If you have sound evidence that you're being too heavily taxed, you can get a reduction. Visit your local assessor's office. Compare the assessment with similar homes in your neighborhood. Check out local appeal procedures. The records are public, and it costs nothing to find out where you stand.

MYTH 4

You never recover the full cost of home improvements when you sell your home.

FACT Needed or desired home improvements can mean thousands of extra dollars when you sell . . . and in the meantime, they can be enjoyed while you still own the home. The old rule about keeping within the price level of your neighborhood rarely applies now. If your family wants to add a fence or a patio or a family room, go ahead. Painting, outside or inside, new plantings, re-carpeting and other improvements can definitely add to the resale value. On a smaller scale, such simple things as putting higher wattage bulbs in light fixtures to brighten rooms can make your home more salable. Your real estate agent can give you other suggestions for improvements that will make a good impression on buyers.

MYTH 5

When you buy a house, you take it "as is".

FACT Your real estate agent can help you negotiate needed repairs and improvements with the seller as part of your purchase agreement. For added protection, in most states home warranty plans are also available. For new homes, builders offer warranties that protect against defective materials or workmanship. Warranty plans for older homes offered through real estate firms protect against repairs to major systems and appliances. Regardless of any protection you think you have, **always** carefully inspect the property before you buy.

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Smoke detector how-to

A smoke detector is supposed to sniff fires before you do. The unit's shrill buzzer can give you the seconds you need to reach safety.

Depending on its size and design, your house could need more than one smoke detector. Usually, one smoke alarm is placed between each sleeping area and the rest of the house. Everyone should be able to hear the alarm's buzzing through closed doors.

Mount each unit on the ceiling of the bedroom hallway. Multilevel homes need a detector on the ceiling of each level above the stairwell. To install an alarm on a gabled or high-pitched ceiling, mount the unit at least six inches but not more than 12 inches from the ceiling's highest point. This positions the detector in the air flow so the unit can "breathe."

Don't install a detector near a light fixture, forced-air heating outlet, door, or anything else that might keep smoke from reaching the unit. To avoid false alarms, don't mount a unit near the kitchen, garage, or bathroom.

Rooms with beamed ceilings, exposed joists, or overhead radiant heating should have wall-mounted units. Secure the smoke detector to the wall at least six inches but not more than 12 inches from the ceiling line.

To install a smoke detector, you need a 3/16-inch drill and a screwdriver. Locate the mounting holes by removing the smoke detector cover; place the base of the unit in the position desired. Mark, then drill the holes. Install the battery and screw the unit to the mounting area. Write the installation date on the inside of the cover. A battery lasts about one year.

Push the test button once a month. If you hear a buzz, you know the unit is working to keep your family safe.

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French oven dish and cover that •
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Choosing a quilt pattern

Once you've decided to make a patchwork quilt, the next step is to select a pattern. Here are a few guidelines to help you choose the ideal pattern for your sewing ability and the materials you have on hand.

Scrap bag quilts

If you have a big accumulation of fabric scraps, examine them carefully. Are all the fabrics of similar weight and fiber content? Are they all preshrunk? Weed out the "misfits"—a hodgepodge of fabrics may detract from the overall impact of the design.

After you have sorted out inappropriate scraps, calculate how much fabric you will need. To do this, make a master pattern by tracing the quilt pattern onto tissue paper. Cut out the individual patches and transfer them to an 18x22-inch sheet of paper. This is equal to a quarter yard of fabric. Refer to the pattern directions for the total yardage needed for the quilt. If you are short certain colors and patterns, buy or collect additional yardage.

Quilt block size

Don't feel locked into using a particular block size. If you are copying an old pattern, you may find that the overall size will not fit today's beds.

If you have to make adjustments, either change the size of the quilt block, add interior borders around each block (called "sashing"), or add edgings to the perimeter of the quilt.

Pattern complexity

Let your own sewing capabilities determine the complexity of your quilt pattern. When you have a quilt pattern in mind, count up the total number of patches. A beginning quilter will be comfortable with around 500 patches to piece for the quilt top, while a more experienced quilter could tackle a quilt with over 750 patches.

Another factor to consider is the shape of each patch. A pattern comprised of patches cut on the straight grain is easiest for beginners.

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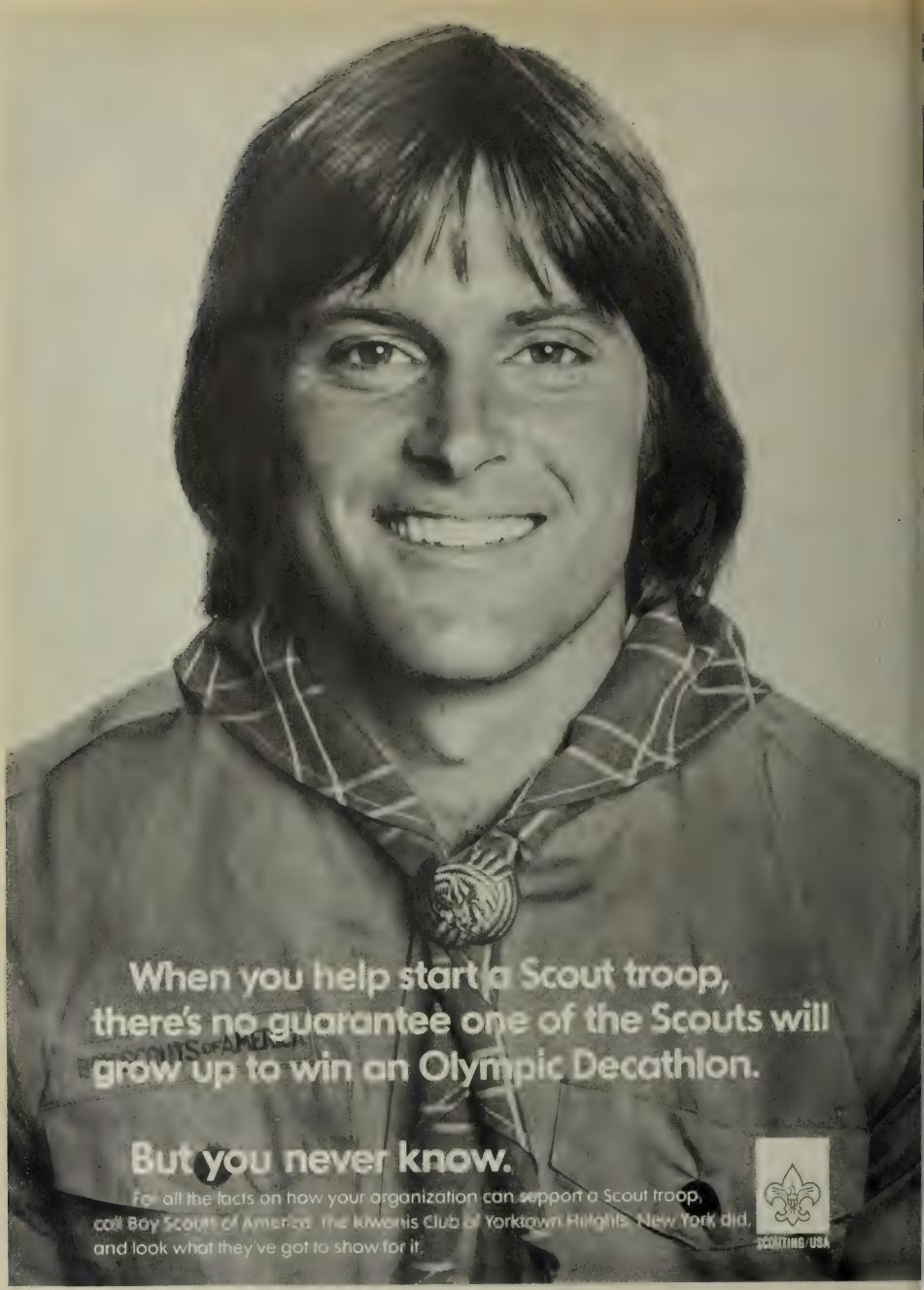


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"Then last year, my advertising agency—Harris McKenna Meng—told me about MNI.

"Magazine Networks, they said, is an inexpensive way to buy national upscale magazines in compatible local groups. With networks you can choose demographically, geographically, even psychographically. In markets as local and diverse as Denver, Rochester, Kansas City and Miami.

"So in the past year, ads for Nettie's appeared in magazines like Better Homes and Gardens, Ladies' Home Journal, and McCall's.

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If you want to find out more about Magazine Networks and how it can be used for heavy-ups, test-marketing or special promotions, call Valerie Willet at (415) 956-6280.

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SF/W/4

Dan Kaercher

Basic foot care for active people



The human foot is amazingly strong: Just consider the weight it bears on an intricate framework of bones, muscles, and connective tissues. But that doesn't mean your feet are invulnerable.

Jogging, tennis, and backpacking may injure the feet, particularly if they're not in condition. Overexertion and inappropriate footwear can aggravate the natural imbalances that exist in any foot. And if you're overweight, those extra pounds add even greater stress.

Here's how to keep foot problems from putting you on the sidelines.

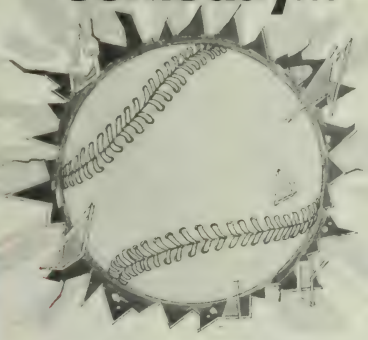
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Drawing: Hellman Design

You'll need to fix a broken window someday...

so you should know about **DAP '33' Glazing Compound.** It's the sure and easy way to set new window panes in unprimed or primed wood sash—and in metal sash. You can depend on it for a weather-tight seal between glass and sash that stops drafts and helps reduce your heating bill. The seal stays firm, yet flexible. And it won't crack or chip.





Other fix-up answers from DAP? To repair scratches and gouges in furniture or woodwork, fill with **Duratite Plastic Wood Dough.** Virtually shrinkproof, it comes in 8 wood colors plus natural. For fastening paneling to studding or furring strips use **DAP Panel and Dry Wall Adhesive.** You'll save time, reduce the need for nailing and simplify panel alignment. To make rusted bikes, mowers or garden sheds look like new again apply **Derusto Protective Coating.** There's a special primer built into the color for extra protection against rust.



and when you do... all you gotta know is

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at the outset. If you're an unseasoned jogger, walk for a few minutes before you run, then gradually build time and distance endurance—you'll strengthen your feet along with the rest of your body. It's wise to begin jogging on a smooth, unpaved surface, such as a golf course or a high school track.

If you're starting an activity such as tennis or racquetball, volley leisurely or play a few unpressured games before you compete in earnest. That advice also applies if you return to a sport after a long layoff. If you plan to backpack, condition your legs and feet with a few short trips at first.

When you engage in sports like tennis and basketball that demand quick and violent movements, wear two pairs of socks for extra cushioning. If your feet are tender and uncallused, apply a liberal coating of petroleum jelly to the soles and sides. Or rub hand soap inside your socks. This allows the feet to slide slightly inside the socks during movement, thus preventing friction that leads to blisters.

One of the most common foot ailments encountered by active people is athlete's foot: itchy, whitish, peeling skin between the toes and on the underside of the foot. Athlete's foot is caused by fungi and bacteria that thrive in a warm, moist environment. In its active stage, the condition is treated with an antifungal agent.

To prevent athlete's foot, towel-dry your feet thoroughly after showering and apply any of a number of products designed to dry the skin, especially if your feet tend to perspire heavily. (For more information on athlete's foot, refer to "Help stamp out athlete's foot," *Better Homes and Gardens,* July, 1977.)

continued

Basic foot care

The right shoe

Choose the correct shoe for your activity. If you wear jogging shoes for tennis or basketball, you risk ankle injury because the shoes don't support lateral motion. Similarly, tennis shoes aren't suitable for jogging because they lack the special heel and sole construction the sport requires. And even the appropriate shoes for a sport can cause trouble if they're not properly broken in beforehand.

Be especially selective about shoes if you plan to jog. Try on as many shoes as possible in the store, and test their flexibility at the ball of the foot. A quarter-inch gap between the big toe and the end of the shoe is recommended (but be sure your foot doesn't slide forward in the shoe). If your feet are different sizes, always buy shoes that are the size of the larger foot. Nylon jogging shoes are easier to break in than leather or canvas shoes.

Shoe models can change from year to year; if you find a shoe that fits particularly well, purchase a couple of pairs (if you plan to stick with the sport). Even when buying the same model and size shoe, try on each pair.

One step at a time

Whether you're jogging, playing tennis, or hiking, go slow

When pain begins

Whenever you increase participation in active sports, you can expect minor foot pain. Heed it as a warning of too much stress on your feet. If the pain eases when you rest or restrict the activity, learn to pace yourself.

You can treat many minor foot problems yourself. Blisters are the most common irritation: Usually the best advice is to leave them alone—don't pop them. If a blister breaks, clean it with soap and water and cover the area with gauze secured by tape.

A small callus can protect a tender part of the foot, but a thick callus can cause imbalance and pain. To remove a troublesome callus, file it with pumice stone after bathing or showering, when the callus is soft. Then apply a hand cream or lotion to the area to help keep it soft.

Muscle cramps may occur when unconditioned feet are subjected to unusual stress. Such brief periods of cramping often occur at night after daytime activity and can be alleviated by standing (to stretch the muscles) and relaxing the toes as much as possible. Consult a doctor if foot cramps occur frequently; they might be caused by a structural problem in the feet or a systemic medical disorder.

Jogging can cause a toenail to turn black and fall off. This happens if pressure forces blood beneath the nail. Sometimes the problem can be prevented by wearing slightly larger shoes or shoes that have higher toe boxes.

Bruises to the heel and other vulnerable parts of the foot can be painful. Often you can avoid bruises by protecting the foot with pads.

If your feet swell after activity, apply ice. For minor arthritic conditions, apply heat. A foot massage offers some relief from pain; so does soaking the feet in warm water.

If pain continues

- Try shoes with a different sole pattern and padding. Adding a separate foot pad also may bring relief.
- Correct the problem with a small lift at the heel, or a boost for the arch.
- Tape a small piece of foam rubber around the sensitive area to relieve bunions or thick calluses.

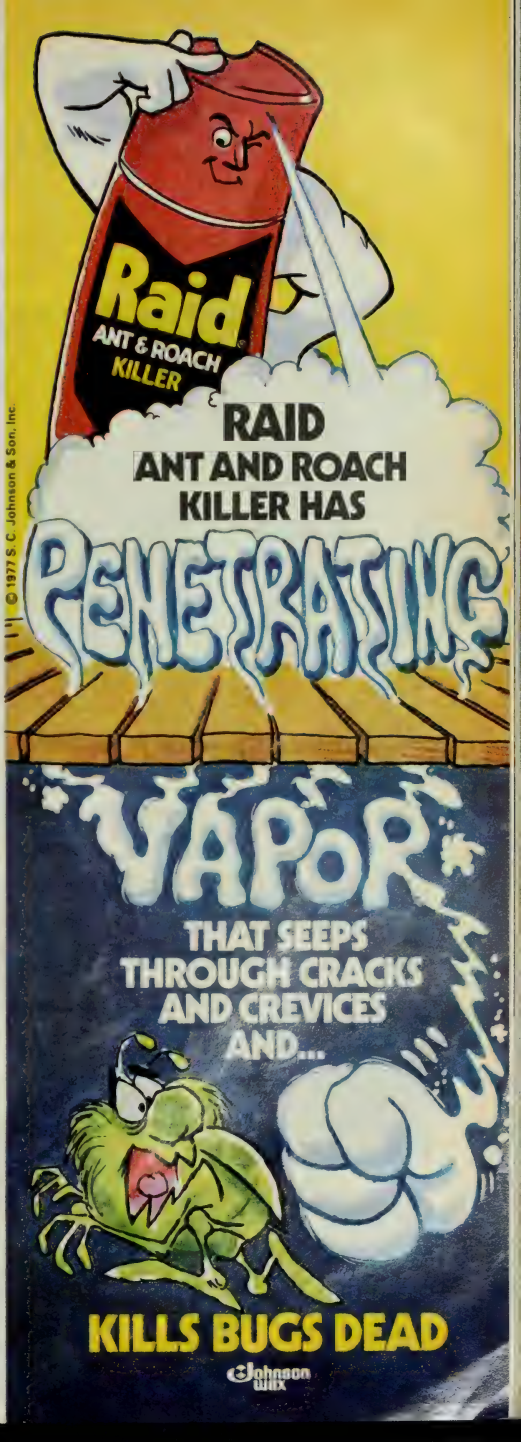
If pain persists, you may have an internal foot injury, such as a stress fracture, a bone spur, or tendonitis. Your physician may recommend plastic or leather orthotic shoe inserts to alleviate the problem. These can be expensive: The tab (with examination fee) can range from $125 to $250. The orthotic inserts can fit both sports and everyday shoes.

If you have a bone spur, your doctor may advise rest. A stress fracture may require a cast to immobilize the foot. If your foot problem requires surgery, be cautious when you return to activity. Follow your doctor's advice, even if you feel your foot can withstand more activity. Many post-surgery injuries result from returning to a sport too soon.

For more information

Two pamphlets—*Jogging: advice from your podiatrist* and *Tennis and your feet*—are available from the American Podiatry Association, 20 Chevy Chase Circle, Washington, D.C. 20015. (Enclose a stamped, self-addressed number 10 envelope with your request.)

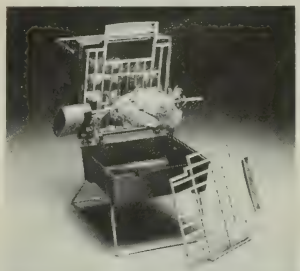
—Jay Stuller



Kim Garretson

Good News

Little outdoor cooker



Rotisserie cooking on an outing is easy with this cast-iron grill and its battery-powered spit. The coals cook food from behind, eliminating flaming. Lay the upright section down and you can barbecue on both eight-inch-square, chrome-plated grids. Fold the unit up and collapse the legs, and the grill tops form a carrying handle.

Big Bess 007S, about $20. EWG International, 10 E. 40th St., Room 2103, New York, N.Y. 10016.

Aluminum care kit



When your aluminum screen doors, lawn chairs, and awnings start looking a little drab, reach for this kit. It can clean and protect anything aluminum around your house, and on your car or boat. The cleaner removes corrosion and discoloration, and the sealer protects the aluminum from weather for up to three years.

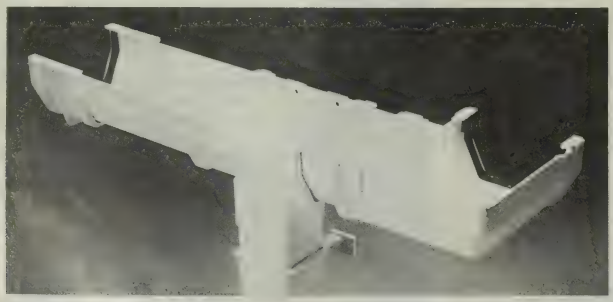
Aluma-Care Kit, about $10. The Coricone Corp., 540 Frontage Rd., Northfield, Ill. 60093.

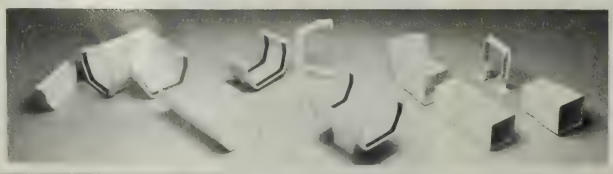
Windup hose



Tired of fighting your snaky garden hose when you put it away after use? This windup model solves the problem. The 50-foot-long vinyl-lined fabric hose is ⅝ inch in diameter and stores flat in its two-pound high-impact plastic reel. As you wind up the hose after use, squeegees remove water from inside the hose and debris from its surface.

Hydroreel Hose, about $30. Injecto Mold, Inc., 2520 N. Pulaski, Chicago, Ill. 60639.





Vinyl gutters

One person armed with hacksaw, screwdriver, level, measuring tape, chalk line, and ladder can put up this all-vinyl gutter and downspout system. After mounting brackets to the house and cutting pieces to the proper lengths, you simply snap all the pieces together; neoprene rubber gaskets permit leak-free expansion/contraction movements. The white vinyl pieces will not dent, crack, chip, or show scratches, and never need painting (although they can be painted any color).

Raingo "Snap-Together" Gutter and Downspout Systems (priced competitively with premium-grade painted aluminum gutter systems). Genova Building Products Div., 7034 E. Court St., Davison, Mich. 48423.

continued



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Bounce has agreed with dryer makers to supply Bounce samples packed by them and to feature their dryers in Bounce advertising.

978. The Procter & Gamble Company



Good News

Flexible line mower

The popular flexible line trimmers now have a big brother, this low-cost electric mower. Two mowing disks powered by separate electric motors spin monofilament lines, cutting a 20-inch swath. The lines cut beyond the edge of the wheels, meaning you can trim grass or weeds right up against a wall. An automatic line feed lets you play out more line as it wears down, and a collapsible handle simplifies storing the 30-pound machine.

Electric Lawn Mower/Trimmer, about $150. The Toro Co., 8111 Lyndale Ave. S., Minneapolis, Minn. 55420.



Erasable ink pen



This ball-point pen will help your kids turn in neat schoolwork because the ink is as erasable as a pencil mark after being applied to paper. But, in a few days, the writing does become as permanent as a regular ball-point's.

Eraser Mate, about $1.69 (red, blue, and black refills, about $1.19 each). The Gillette Co., Paper Mate Div., Boston, Mass. 02199.

Please do not send money to a company; manufacturers will not sell products shown in Good News directly to consumers. The products are available nationwide; write the company for more information or the names of stores selling the product.



Currier & Ives Prints

The "Four Seasons" have never been more beautifully rendered than in these Currier and Ives prints. "Roadside Mill," "American Homestead Summer," "American Homestead Autumn," and "Home In Wilderness" each depict a different season of the year. Prints are shown in a traditional arrangement, but they can be hung to suit individual tastes or decor needs. Prints measure 8"x10" each and the solid wood walnut-stained frames shown are available individually or in a money-saving combination. Here are four exquisite art prints lithographed on quality stock — at a price that makes your decorating problems a joy to solve. Four Currier and Ives prints only $3.99! Your friends will admire these lovely prints, so why not buy several as gifts. For promptest delivery possible order your set of these beautiful prints now!

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(the cover isn't shown here . . . don't you LOVE surprises?)



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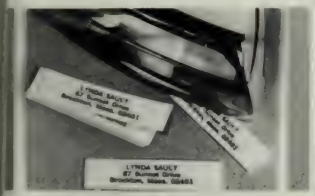
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The tomato press

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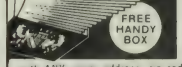
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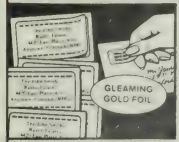
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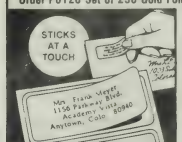
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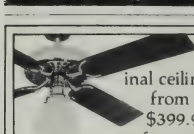
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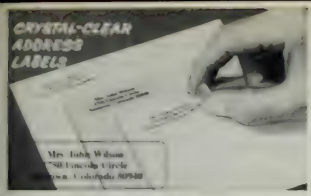
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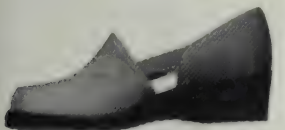
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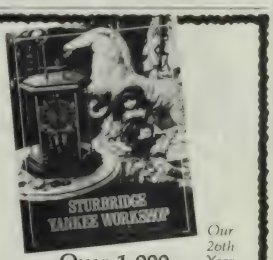
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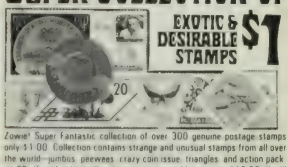
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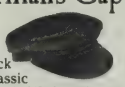


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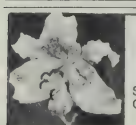
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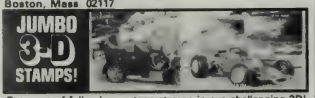
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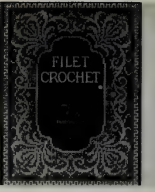
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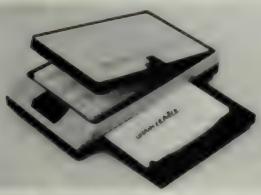
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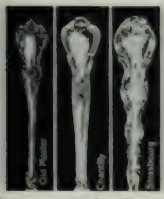
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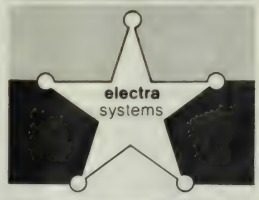
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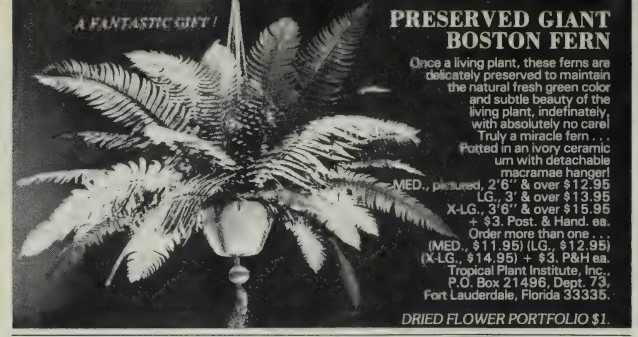


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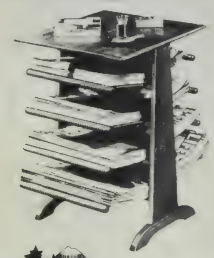
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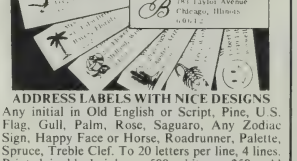
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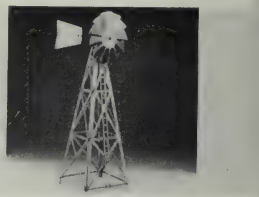
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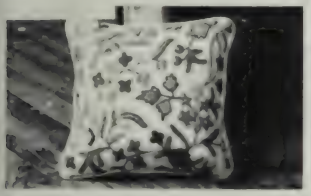
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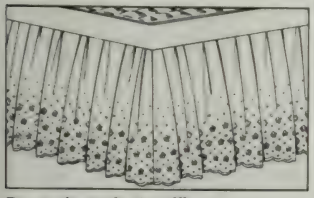
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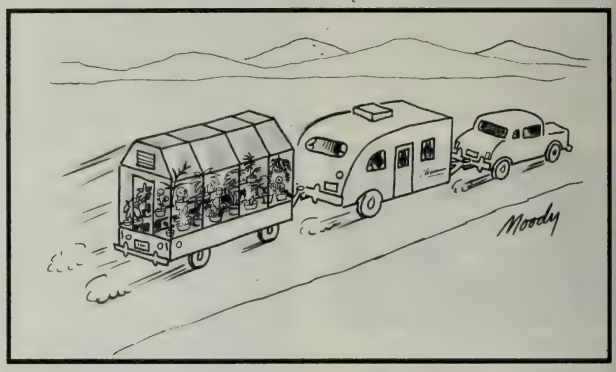
Want ad noted in our neighborhood newsletter: "The Hackberry family orchestra is looking outside the family for a non-argumentative flute player. Interested parties may apply to Jim Hackberry, 35 Lincoln Way."

After a summer paint job, our house seems taller, straighter, sprightlier. "Nothing unusual," smiles Christine. "I always look and feel better with a new outfit, too."

Daughter Judy, age 11, is campaigning for a raise in her weekly allowance, pointing out that about all you can get for a dollar bill these days are "nickels, dimes, and quarters—and who wants them?"

Our friend Frank Wilcox, who operates a flower shop in the mall, says that education is what he gets when he reads the fine print in his lease, and experience is what he gets when he doesn't make the effort.

Grumpy Ned Carter is in a quandary about how to vent his wrath on the local newspaper. He complains that the editorials are too far off base to warrant his continued readership, but his wife thinks that their carrier boy is too nice to deserve cancellation of their subscription.



Burt, Jr., laments that growing up isn't exactly a bed of roses for his generation. "It's not easy coping with all the advantages you keep telling us you were deprived of," he says.

According to Congressman Nick Hanfli, the political process would run much more smoothly if there were a coach to fire after a losing season.

A family dinner last week confirmed that the metric system hasn't had any impact yet on Grandma Hillis' wonderful baking. She still puts her pies and cakes together with a "dab" of this and a "pinch" of that.



"So what is it this time—something I've got to learn to live with, or something I've got to learn to live without?"

A rainy, stay-at-home afternoon proved to be very enriching for our family last Sunday.

After dinner and some conversation, we all settled down to our usual pastimes. Then Burt, Jr., roused us with a "discovery." While rummaging through the hall closet, he'd uncovered a nest of shoe boxes jammed full of yellowing family snapshots.

Burt's curiosity was infectious, and soon we all were gathered around the kitchen table, passing photos of scenes like Rosemary at age three in her first bubble bath, Christine and her nervous groom on our wedding day, and Grandpa Hillis beside a shiny new Packard. The snapshots took us back in time to some heartwarming, poignant moments in the life of our family.

I've always suspected that people retreat to the past to avoid confronting the challenges of the present. But it's reassuring to know that memories don't have to be mislaid and forgotten. They're still tucked away for afternoons like that one, offering us delight, solace, and a sense of belonging.

The upshot is that Chris and the kids have resolved to mount the best of our photos in albums, and I've volunteered to pitch in too. But don't ask when we'll complete the project: It took us a whole afternoon to make our way through just one shoe box.

Burton Hillis

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Better Homes and Gardens

How to stretch your storage space
Snuggly sweaters and afghans to knit and crochet
Underground housing: Coming on strong
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Better Homes and Gardens®

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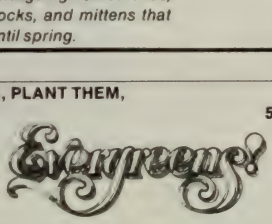
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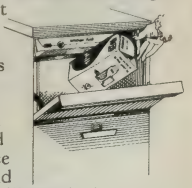
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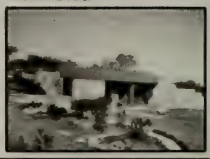
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Do people think your older sister looks younger than you do?

That's not an easy question for any woman to face. But it happens. Haven't you mistaken a younger sister for an older sister at least once or twice? Maybe you should take an honest look at your skin before someone else does. Do you look older than you really are?



You probably never thought you'd catch up to a woman who was a few years older than yourself. But unfortunately, maybe you have. Many women around the world share your concern, and many who do also share the secret of a mysterious beauty fluid that helps them look younger. Here in the United States, that secret is known as Oil of Olay.®

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No woman wants to feel she looks older than she really is. And that's why so many women cherish the secret of Oil of Olay. Why not discover the secret for yourself and start looking like the younger sister you really are.

Oil of Olay. It can help you look younger, too.

Beauty Hints:

To give yourself a silky facial, try this simple but luxurious beauty hint. Draw a hot bath and lavish Oil of Olay® beauty lotion onto your face and throat. The steam of the tub opens pores and makes your skin more receptive to the benefits of Oil of Olay. Soak for thirty minutes and then gently pat skin dry with a soft terry towel.

To prevent your neck and throat from becoming slack and tired, use this simple toning method. Soak a cottonball in lemon juice and briskly smooth it on neck and throat using upward, outward strokes, stimulating the circulation until any sallowness is corrected. Follow with a gentle massage of Oil of Olay.

The Honorable Omelet.

This great, new dish may look like your favorite easy but elegant omelet. But inside there's the intriguing flavor of Kikkoman naturally-brewed Soy Sauce. Go ahead and try The Honorable Omelet. You'll find that The incredible edible egg and Kikkoman Soy Sauce, the all-purpose seasoning, go together deliciously.

HONORABLE OMELET

4 servings

2 small carrots, peeled and cut into julienne strips
1 large stalk celery, cut diagonally into ⅛-inch thick slices
1 medium onion, chunked
2 cloves garlic, crushed
1 teaspoon ground ginger
2 tablespoons salad oil
1¼ cups water
¼ cup Kikkoman Soy Sauce
4 teaspoons cornstarch
8 cherry tomatoes, halved, OR, 1 medium tomato cut into eighths
8 eggs
½ cup water
4 tablespoons butter, divided

Stir-fry first five ingredients together in hot oil over medium-high heat 1 to 2 minutes, or until tender-crisp. Combine next three ingredients; stir into pan with tomatoes. Cook until sauce boils and thickens. Keep warm while preparing omelets. Mix eggs and water. For each omelet: Heat 1 tablespoon butter in 8-inch omelet pan until hot. Pour in ½ cup egg mixture which should set at edges at once. Carefully push cooked eggs to center, tilting pan occasionally so uncooked eggs can flow to bottom. While top is still moist and creamy-looking, spoon about ½ cup vegetable mixture on half of omelet. Fold omelet over filling and turn out onto plate. Keep warm while preparing remaining omelets. Top each omelet with ¼ of the remaining vegetable mixture. Serve immediately with additional soy sauce.



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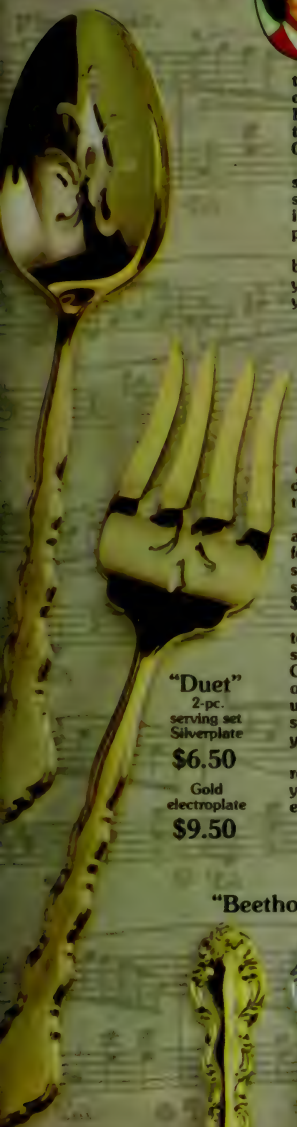
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Better Homes & Gardens

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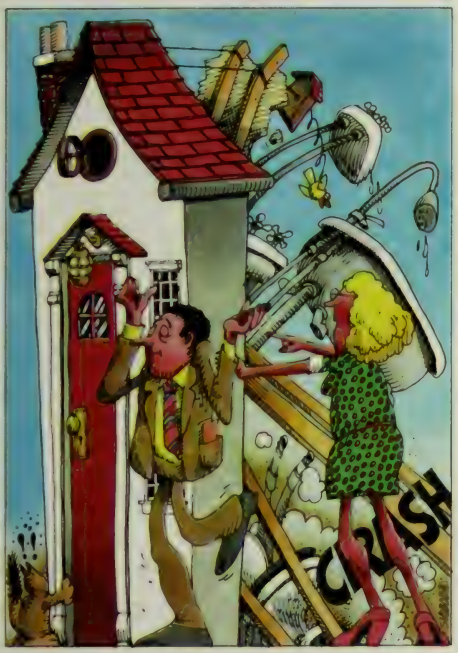
Margaret Daly

HOME WARRANTIES: a good deal for house buyers?

If you haven't been house shopping for a while, you may be surprised at one of the newer options. It's called a home warranty, and it's designed to soften the impact on your budget if something goes wrong with the house of your dreams.

Written insured warranties on homes are a fairly new concept. They're not available everywhere, and most homes still are sold without them. However, interest in the concept is growing.

Cost, duration, and extent of protection offered by home warranty programs vary, but the general purpose is similar: to give home buyers some assurance, for a while at least, that they won't be clobbered with unexpected major repair bills.



New home warranties

The only way most people can get a written insured warranty on a new home is to choose a builder who participates in the Home Owners Warranty (HOW) program, sponsored by the National Association of Home Builders (NAHB). Robert J. Reid, president of HOW, estimates that one out of every four homes built this year will carry a HOW warranty. About a third of the NAHB builders offer the program in 45 states and the District of Columbia. At this point, HOW has no major competition, although some small companies may warrant new homes in some regions.

A HOW warranty provides three levels of protection:

1. Through the first year, the builder promises to correct structural defects and other problems caused by faulty workmanship or materials in violation of the program's building standards. A warped door, a leaky basement, and loose roofing shingles are examples. Most appliances furnished by the builder carry manufacturers warranties, but if the appliances do not, the builder warrants them as well.

2. During the first and second years, the builder warrants the home against defects in wiring, plumbing, and ductwork and against major structural defects. A broken elbow in the plumbing system, a defective septic tank, or a frayed wire might be covered.

3. Through the tenth year, HOW's national insurance carrier, INA Underwriters Insurance Company, picks up the bills. The home is warranted against major structural defects that affect the load-bearing portions and consequently the use of the home. A shifting foundation or a wall separation is rare, but if it occurs, the financial burden could be severe.

Important to the HOW program are its provisions for conciliation and arbitration by an impartial third party if the owner disagrees with the findings of the builder or insurance investigator. Another significant point is HOW's pledge (backed by insurance) that the warranty will be serviced even if the builder goes out of business or refuses to meet his commitments.

A HOW warranty is relatively inexpensive: $2 per $1,000 of the sales price, or $150 for a $75,000 home, for example. Some builders absorb the cost in overhead. The warranty is automatically transferred if the house is sold.

There are some notable limits to HOW protection. The builder isn't obligated to fix defects that might bother the buyer but that don't violate standards—a hairline crack in a wall or a door warped less than a quarter inch, for example. Landscaping and driveway are excluded. If the homeowner's negligence can be shown to have contributed to the defect, the builder is not obligated to make the repairs. He would not, for example, be obligated to fix a leaky basement if it resulted from the owner's alteration of the yard's proper slope.

Also, the warranty doesn't take effect until the home is completed and inspected. If a builder defaults during construction, there's no protection.

Limitations considered, the mere fact that the builder offers a warranty

continued

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continued

HOME WARRANTIES

may result in a better house. As Thomas H. Stanton, deputy director of the FTC's Office of Policy Planning points out, "The real value of a warranty is not merely the quick repayment for defects, but rather what this does to builders to encourage better quality control in the building process."

Used home warranties

The protection in most used home programs is limited to breakdowns in systems and appliances that might be attributed to normal wear and tear. (However, if the home carried HOW coverage, that protection remains through the normal HOW time limits.) Most used home warranties are bought by the sellers, rather than the buyers.

Two basic kinds of programs are available: those that require a home inspection and those that don't. Broader coverage is available under inspection plans, and inspection should uncover serious faults that a buyer would welcome knowing. However, faults revealed in the inspection may be excluded from the warranty. Inspection plans also cost more, take longer, and may be less appealing to a seller. For those reasons, non-inspection plans are selling better.

Most resale warranties carry $200 to $300 price tags and deductibles of $20 to $50 per occurrence—although deductibles in some circumstances may run as high as $100. Most warranties expire after a year but may be renewed.

Usually the seller buys the warranty in hopes that it will help him sell his home. Some programs protect the seller in the event the house has a costly breakdown between the time of listing and sale.

If a seller doesn't provide a warranty, the buyer may be able to purchase one. The local Board of Realtors should have a list of approved companies that market plans in the area. Some companies will sell warranties to home buyers whether or not a real estate agent is involved.

In most parts of the country except California, the availability of resale warranties is spotty, though several companies are expanding nationally. Also, some national real estate brokerage franchises (such as Better Homes and Gardens Real Estate Service, Century 21, Realty World, and Red Carpet) now offer home warranty plans from various companies.

The National Association of Realtors, although it doesn't sell warranties, does examine plans and approve those that meet its specifications. To get NAR approval, a company offering a warranty must back it with sufficient insurance to take care of claims in case the company goes out of business (some companies do not have that kind of protection). Increased state supervision of programs to protect against insolvencies and abuses is likely as the plans become more popular.

Meanwhile, quality and supervision of warranty programs vary. Whether you're buying a home that comes with a warranty or you're looking for a plan to protect a home you want to buy, read the contract carefully:

- What is covered? Most non-inspection warranties cover breakdowns in the plumbing and electrical, heating, and cooling systems. Some warrant built-in appliances. Inspection plans generally warrant these items as well as potentially more expensive structural components—the roof, flooring, walls, and foundation.
- What isn't covered? Roofing over a certain age may be excluded. Leaky basements, problems that occur outside the perimeter of the house, clogged drainage lines, and damage due to weather (frozen pipes, for example) usually are excluded. The owner generally pays costs incurred in gaining access to the broken system—removing and replacing drywall and wallpaper, for example.
- How will repairs be handled? Some companies maintain 24-hour, toll-free service lines and promise to take care of the problem within 48 hours of notification. Most companies employ a network of contractors in each market area to do the work. You won't be able to hire your own plumber and get reimbursement, although exceptions may be made for emergencies.
- What kind of maintenance (such as cleaning the furnace) is required on your part? If you "abandon" the house for any length of time—say, more than 60 days with no one assigned to take care of it—your coverage may cease. You may be required to notify the company if you modify equipment—add a humidifier to the furnace, for example.
- Is the program backed by sufficient reserves to pay claims?
- How long is the warranty effective? Some warranties extend a year beyond the date of sale; others measure time from date of listing, which could leave you with only a brief warranty by the time you take possession.
- Is there a ceiling on damages?
- What is the reputation of the company selling the warranties? Check with the local Better Business Bureau and other area residents.

Other protection

Many home builders who don't participate in the HOW program warrant materials and workmanship for a year. Your contract should spell out the terms and dates of such a warranty. Most states apply a warranty of habitability to new homes; that is, the house must be "fit" to live in. You'd have to go to court to enforce such a warranty, and proving a case won't help you collect if the builder is out of business.

The buyer of a used home is expected to examine the property and assess its condition before signing a contract. If you don't ask, the seller isn't obligated to point out inoperative windows or volunteer that the basement gets flooded. However, the seller is responsible for the accuracy of the statements he does make about the home—whether verbally, on the listing sheet, or in the contract. But proving deliberate misrepresentation is difficult, and so is collection.

It's up to the buyer to inspect a home carefully. It's also wise to make any offer subject to a satisfactory professional inspection. If the contract calls for the seller to warrant that the systems and appliances work on the date of sale, check them just before closing.

For more information, write:

Home Owners Warranty Corp., 15th and M Streets NE., Washington, D.C. 20005; and, Director of Community Programs, National Association of Realtors, 430 N. Michigan Avenue, Chicago, Illinois 60611.

—Barbara Mantz

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DOG FOOD

Barbara Humeston

Rights and responsibilities of pet ownership

Are you liable if your dog damages your neighbor's tulips? Can you be fined for your dog's persistent barking? What can you do if a child down the street insists on swinging your cat around by the tail just to hear him howl?

Answers to questions like these vary from state to state and community to community. But the unmistakable legal trend—the result of more people and more pets—is to place heavier burdens on owners for the actions of their pets. At the same time, it's recognized that pet owners have rights and so do their pets.



The following rundown of common rights and responsibilities will give you a good idea of where you and your pet stand. For more specific information, contact your local humane society, your city or county animal control division, the state attorney's office in your county, or the state agency (usually the department of agriculture) that administers animal control laws.

Injuries

If your normally docile poodle lunges and bites a houseguest, you may feel morally responsible for the medical expenses. Your legal liability, however, depends on the laws in your state and community.

In many states and some cities, the owner is absolutely liable for personal injuries caused by his or her pet, regardless of how tame the animal or how careful the owner. But in the absense of such legislation, the common law principle that "every dog is entitled to one bite" applies.

The "first-bite" rule isn't absolute, however. It links liability to negligence, and negligence to prior knowledge of a pet's vicious tendencies. Posting a "Beware of Dog" sign, for instance, could be taken as knowledge on your part that your pet is vicious—even if the sign was only intended to discourage peddlers. If an animal that should be leashed bites someone who is trespassing on your property, you might well be held responsible. You also could be ruled negligent if you overlook the size and playfulness of your pet. In South Carolina, for example, the owner was held liable when his overly friendly 105-pound Great Dane jumped on a guest, knocking him down and breaking his arm and leg. Proof of provocation might, in some circumstances, diminish your responsibility.

If your pet suddenly starts snapping, turns aggressive, or exhibits other uncharacteristic behavior, take the animal to a veterinarian. Chances are, something physical is responsible—even an ailment as simple as a severe toothache. If the veterinarian doesn't find a problem, some retraining may be in order. Or perhaps your pet is just getting old; some animals, like some people, don't grow old gracefully.

Property damage

Suppose your dog tears up the neighbor's flower bed and breaks a $50 planter in the process. In many states, the fact that your pet was trespassing would be sufficient to make you liable. Similarly, you'd probably be legally responsible if you were in the habit of letting your pet run loose in an area with a leash law. In the absence of such legislation, you might not be found liable if you had a "reputable" dog that had never caused any trouble before. But you still might want to make amends if you value your neighbor's friendship.

No one has the right to injure or kill your pet for committing a minor indiscretion. When there's no other alternative, however, an individual may use necessary force to defend him- or herself, others, and, in some instances, property.

Generally, the law values life over property, as a Michigan case illustrates. The court ruled that a man was not justified in killing his neighbor's dog for leaving muddy tracks on his freshly painted porch, barking at night, and chasing his cat up a tree. In cases of unlawful injury or death of a pet, the person responsible could be criminally prosecuted, as well as found liable for civil damages (value of the pet and medical expenses), and even punitive damages under particularly malicious circumstances.

But suppose your 150-pound St. Bernard collides with a Volkswagen on a public highway or causes a collision between two vehicles. In either case, you would probably be held liable for damages if the animal was running free in violation of leash laws, if you knew he had a tendency to run on the highway and harass vehicles, or if animals by law were prohibited from being on that highway.

On the other hand, if you can prove that the motorist was grossly negligent—driving 20 miles over the speed limit, for example—he or she could be liable for injuries to your pet. A few states require the motorist who strikes any animal to notify police or animal welfare officials—regardless of fault.

continued on page 22

Drawing: Jim Buckles; Graphic Corp.

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Sprinkle the room with flowers from a machine washable bedspread quilted with a hand guided outline (full size just $59.99). All these bedding items are available in other sizes as well.

As for cheerful window treatments, you have a choice of pinch pleated draperies or ruffled priscillas that tie back to let the sun shine in.

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and that what the children are doing hurts. Enlisting the youngsters' help in walking or playing with your pet may promote better understanding.

If the tormentor is older, reasoning may not be the answer. A visit with the youngster's parents may be necessary. If that doesn't work—or if the troublemaker is an adult—contact local animal welfare authorities. An animal welfare officer may make a more forceful impression on the offender than you could. Going to court is a last resort.

Lost and stolen pets

If your missing pet turns up at someone else's home even after a couple of months' absence—and you can prove ownership of the animal—the finder must return the lost pet to you. However, the finder may be entitled to compensation for boarding costs and other expenses. If the animal was stolen, the thief is not only obligated to you for the value of the pet but also is faced with possible criminal prosecution.

Vaccinations and licenses

Just about everywhere, dogs must be licensed and vaccinated against rabies, usually when they're between four and six months old. Some communities require licenses and vaccinations for cats; some reduce license fees for spayed or neutered animals. A veterinarian or animal welfare officer can explain local licensing requirements.

Licensing fees help support animal care and control

continued

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Pet ownership

Nuisances

You have a responsibility to see that your pet isn't a neighborhood nuisance—even in his own yard. If you live in a community with a strong ordinance against barking dogs, you can be fined if your dog is a barker. Even in the absence of an ordinance, a neighbor may seek an injunction to get you to muzzle your dog or keep him inside on grounds that the animal is a nuisance. Of course, allowing animal waste to accumulate not only will offend your neighbors, but may well result in a confrontation with the local police or public health authorities.

Cruelty

States recognize that animals have the right to protection from cruel treatment, from being abandoned, and from poisoning—whether by the owner or someone else. Don't hesitate to report any instances of animal abuse you witness. Pet owners have an obligation to provide food, water, and—in about half the states—shelter. Mistreated animals may be taken into custody by local authorities, and the perpetrator may be fined and/or imprisoned.

If youngsters perpetrate the cruelty, you should gear your response to the age of the children. Very young children may "cease and desist" if you explain that animals have feelings



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ntinued

Pet ownership

cilities. And, of course, licenses make easier to locate owners of lost anials. If your pet isn't licensed, there ay be no way to prove you're the mer. For that reason, it's a good idea consider an identification medallion ith your name, address, and phone mber) for your cat. Just be sure the llar it's attached to fits properly llars with elastic inserts are best).

Other local regulations

Most urban and suburban areas probit dogs from running loose. A few ply the same restriction to cats. If u turn your pet loose in an off limits ea, he may be impounded, and you ay be fined. In some areas, fines go high as $500 for repeat offenses.

Some communities restrict the numr of pets per household by requiring mers of large numbers of animals to come licensed kennel operators at a table fee. More and more cities are acting measures—under penalty of nes—to control animal waste, such as quiring owners to walk dogs along e curb rather than on the sidewalk d to pick up animal waste.

Animal shelters

In most areas, animal welfare offirs may enter private property to take animal into custody if he's being istreated, is believed to be dangers, or is running loose in violation of ash laws. Animal welfare officers in ost jurisdictions are required to notithe owner when a licensed pet is ken into a shelter or pound. Usually animal will be held five to seven ys before he's put up for adoption or stroyed, but procedures vary.

Pound and shelter personnel are obated to take "reasonable and adeate" care of animals in their custody. ey could be held liable for acts of oss negligence, such as destroying ur dog by mistake.

Almost everywhere, the law requires e impounding of an animal to check r rabies after he has bitten someone d the destruction of rabid animals. ost areas also authorize destruction animals judged dangerous because of repeated or particularly vicious attacks on people. Except in an emergency when an attacking animal can't be restrained, the owner is entitled to a hearing before the animal is destroyed.

Kennels and veterinarians

If your pet is injured or killed while in a boarding kennel, the operator of the kennel may be held liable if you can prove that he or she didn't use reasonable care and that the negligence led to your loss. If, for example, an outdoor pen is left unlocked and your dog escapes and is hit by a car, the kennel operator probably would be held liable. But if a car suddenly swerves and crashes through the pen, killing your dog, the operator of the kennel probably wouldn't be at fault.

A veterinarian who fails to exercise skill and diligence when treating your pet may be held liable if the animal dies or is injured as a result. In Oklahoma, for example, a veterinarian was ruled liable for the deaths of a number of dogs that he'd dipped in a solution for treatment of mange. Another veterinarian testified that the solution was stronger than recommended.

Guard dogs

Keeping a trained guard dog—or other attack animal—imposes a dual burden: to let people know you have the animal and to take extraordinary measures to contain him. You'll need to post signs and also erect a barrier like a high fence to keep trespassers out and the animal in. Even taking these precautions may not absolve you from liability in case of an accident.

Exotic pets

An increasing number of states outlaw keeping exotic pets of a wild or dangerous species, such as members of the undomesticated cat family or poisonous snakes. Many municipalities prohibit keeping poultry, livestock, horses, or other domesticated animals within the city limits. Before you even consider adopting any uncommon animal, check with your state fish and game department and with the legal department in your community.

Ownership of an animal that belongs to a dangerous species is considered an "extra-hazardous" activity and generally makes you absolutely liable for

continued

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continued

Pet ownership

injuries—regardless of how careful you are. You also can expect some difficulty in getting homeowners insurance because of the increased risk.

Horses

It's important to know where you'll keep and ride a horse before you buy one. Most cities prohibit boarding and riding saddle animals within city limits. A good riding stable should be able to tell you what regulations apply. If you're riding or leading your horse, you must take reasonable care to prevent injury to someone else.

Wills

The simplest way to provide for the care of your pet after your death is to will the animal and money to care for him to a trusted friend or relative. You will, of course, want to make sure the individual involved is agreeable. Another option is to establish through your will a formal trust for the animal's care. Again, it's important that the trustee you select is willing. A trust is more cumbersome than an outright gift, but it may be a surer way to see that your wishes are carried out.

Insurance

Your homeowners insurance policy should cover your financial obligation if your pet causes injuries or damages for which you are legally liable. In most policies, such coverage is automatic for household pets. Some policies exclude saddle animals, so if you plan to buy a horse, contact your insurance agent to see whether you'll need additional liability coverage.

Standard homeowners policies make no provisions for compensation if something happens to your pet. If your animal is extremely valuable, consider adding a pet "floater" to your policy ($1,000 in coverage will cost about $25 annually).

You can learn more about the legal ins and outs of pet ownership by reading *Animals and Their Legal Rights.* Send $2 to Animal Welfare Institute, Box 3650, Washington, D.C. 20007. —*Barbara Mantz*

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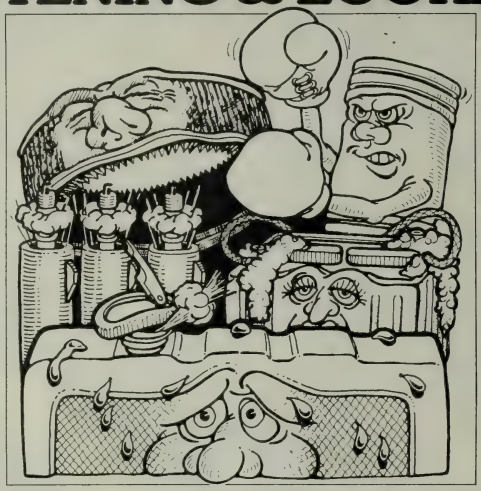


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Kim Garretson

HOW TO TROUBLESHOOT YOUR CAR BY LISTENING & LOOKING



You're driving down a lonely stretch of road when suddenly the engine begins thumping loudly; only then do you realize you'd been ignoring for weeks an odd rattling from under the hood. If you had been alert to that quirky sound, you might have discovered the loose engine mount before it broke—and thus saved yourself some money. In these days of pump-it-yourself gasoline, you're often the only one who can perceive subtle warning signals like the one above. All it takes is tuning in your senses to the ways your car sounds, looks, and feels as you drive. Here's how to sleuth out the sources of puzzling sounds and sights.

Forget the dipstick?

Most car care articles tell you to check the oil frequently and change it regularly, because that fluid is the lifeblood of your car. But unless you keep careful maintenance records, it's often hard to remember how many miles ago you last checked or changed the oil, especially if you're using oils that last 15,000 miles or more. If you buy oil changes, ask that a sticker indicating the service performed and the car's mileage be applied to your car; if you do your own oil changing, scratch the mileage on the new oil filter canister before installing it.

In addition to checking the dipstick and the mileage notations, occasionally glance at the oil warning light. Of course, you'll spot it when it lights up, but if you detect any flickering on tight turns, the oil level may be getting too low or the oil pump may be failing. Also, if you hear a faint intermittent tapping sound when the engine is cold, but the sound disappears when the engine is warmed, the crankcase could be in dire need of more oil. If you've been doing more driving than normal in dusty weather or on gravel roads, remember to check the oil more frequently. If the oil looks dark and dirty, it's time for an oil change; check the air filter for excessive dirt, too.

Tired turn signals?

A battery that's losing power will make your headlights seem dimmer (make sure they're just not dirty), slow down the blinking of your turn signals (first make sure a burnt-out bulb is not the cause), and fade your radio's volume. If you think you're imagining these things, pull your car up close to the garage door at night and rev the engine with the car in park. If the headlights brighten, then fade when you slow the engine, check the battery's fluid level by carefully removing the caps (if there are any). If it's a factory-sealed battery or if the fluid level is normal, jiggle the battery cables close to the terminals to test their tightness and examine the terminals for excessive white powdery corrosion; tighten or clean as necessary. Should that fail to locate the problem, press on the alternator belt. If it depresses more than a half inch, it's probably too loose to keep the battery charged.

Getting hot under the hood?

If you try to stay alert to driving conditions that can cause an overheated engine, you may be able to forestall a crisis. One example: creeping along in heavy traffic on a hot day with the air conditioner blasting puts a strain on the cooling system. To circulate coolant through the engine faster, turn off the air conditioner, roll down the windows, and turn on the heater. (Shift to a lower gear on cars with standard transmissions.)

Have you noticed any wet spots on your garage floor or driveway? Place a newspaper under the car overnight after the exhaust has cooled for a few minutes; if the leak is rusty water (clean water probably comes from air conditioner condensation), you may have a leaking radiator.

Do you detect a muted chirping sound from the engine as you're driving? Have a mechanic check the water pump for a possible weakness.

Losing your cool?

Do you seem to be turning the air conditioner to higher levels to keep as cool as you like? This could signal a problem with the refrigerant or the belt that drives the air conditioner. If you detect a momentary squeal when you switch on the air conditioner, suspect a loose belt. Depress the belt midway between the compressor and the radiator fan. If the belt gives more than about one-half inch or looks glazed or frayed, it may need tightening or replacing.

Checking the refrigerant is risky because just a few seconds' exposure to

continued

Drawing: Dave Gaadt

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OFFICIAL RULES 1. To enter, complete an official entry form, or on a 3" x 5" piece of paper, print your full name, address, zip code and telephone number. Each entry must be mailed separately. Mail entry to: Minute Maid 1980 Olympic Games Sweepstakes, P.O. Box 14, New York, NY 10046. 2. Each entry must include one tear strip from any size of Minute Maid Frozen Concentrated Orange Juice or Minute Maid Frozen Concentrated Grapefruit Juice, or on 3" x 5" piece of paper print the words "MINUTE MAID A PARTNER WITH THE 1980 OLYMPIC TEAM." All entries must be received on or before November 1, 1979. Machine duplicated or mechanically reproduced entries will be declared void. 3. All winners will be selected in a random drawing conducted by an independent judging organization whose decisions are final. Limit one prize to a family. If a minor is the Grand Prize winner, he or she must be accompanied by parent or legal guardian. Taxes are the sole responsibility of the winner. Prizes are non-transferable. No substitutions permitted. All prizes will be awarded. Total value of prizes to be awarded is $98,103. Prizes: 1 Grand Prize: Trip for Two to the 1980 Winter Olympic Games at Lake Placid, New York and a Trip for Two to the 1980 Olympic Games in Moscow. Trip includes round-trip transportation, hotels, meals, tickets to the actual Olympic Games events plus $1,980 Cash, or alternate Grand Prize of $10,000 Cash. 5 Second Prizes: Quasar Wide Screen Great Show Machine. 10 Third Prizes: Quasar Video Recorder with Color Video Camera. 250 Fourth Prizes: Quasar Black and White Portable Television. 1,980 Fifth Prizes: Minute Maid 1980 Olympic Games T-shirts. Grand Prize must be taken at time of availability: February 12-25, 1980 and July 16-August 6, 1980. 5. Sweepstakes open to all residents of the United States, including Alaska and Hawaii, except employees and their families of The Coca-Cola Company, its subsidiaries, affiliates, advertising agencies, and judging organization. Void wherever prohibited or restricted by law. All federal, state and local laws and regulations apply. Odds of winning are dependent upon the number of entries received. 6. For a list of winners, send a stamped self-addressed envelope to: Minute Maid 1980 Olympic Games Winners List, P.O. Box 293, New York, NY 10046. 7. Prize winners may be required to sign a statement permitting use of prize winners name and/or picture for promotional purposes and waiver of liability. No Purchase Necessary.

continued

Troubleshoot your car

it can injure eyes or skin. About all you can do is check the hoses running out of the compressor for oily residues signaling leaks (but don't tug on the hoses or touch potential leaks). Also see if the condenser in front of the radiator is clogged with leaves or bugs.

Steering wheel fighting back?

Can you hear a faint chirping sound when you turn a corner (and perhaps feel a corresponding gentle tugging in the steering wheel)? If you do, try turning the wheel all the way to the right or the left when the car is parked. If the chirping gets louder, the belt that runs the power steering pump may be loose. If the jerking is more pronounced, even when the car is going straight, or if you hear a groaning sound, check the dipstick in the power steering pump for a low fluid level. Stains of thick, clear fluid on the ground under the front of the engine are signs of a leak.

Does your car wander back and forth in the lane slightly while you're holding the wheel straight, or pull to one side, either while you're driving or braking? Suspect misalignment. To determine if the car pulls to the side, try lifting your hands from the wheel momentarily as you're traveling slowly down an uncrowded street.

Does the hood appear to shudder or does the steering wheel shake slightly? Have the balancing of the front wheels checked. If you feel the vibration in your lower back or buttocks, have the rear wheels checked.

Stubborn shifter?

As you accelerate, listen to the automatic transmission as it shifts the car into higher gears. Do you detect any hesitation or dragging at shift points? A lag or pause will cause the engine to race or make slightly more noise while acceleration levels out. Check the automatic transmission dipstick for low fluid level and check the garage floor for pink transmission fluid stains under the back of the engine.

If your car has manual transmission, don't ignore any hard, grinding shifting, or clanking noises that might de-

continued on page 36

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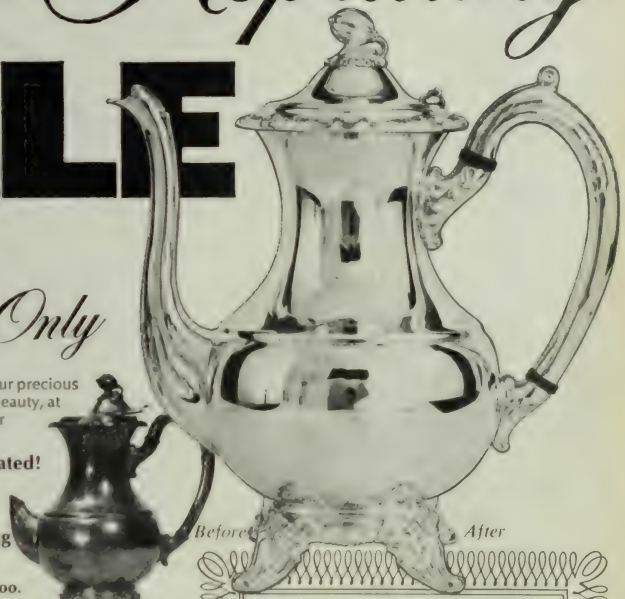
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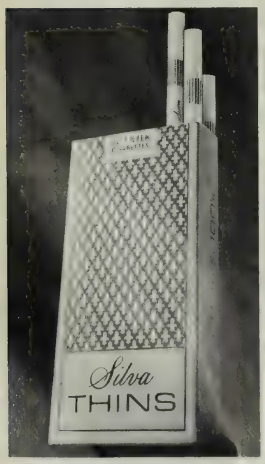
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continued from page 30

Troubleshoot your car

velop as you shift gears; have the transmission checked by a mechanic. If the clutch pedal doesn't let you shift as smoothly as usual, try releasing the pedal very slowly in your driveway while you hold the brake with your other foot. If you have to let the pedal come almost all the way back before the car stalls, the clutch probably is slipping and may require repairs.

Brakes balking?

Do you seem to be pressing harder on your brakes to get the car stopped? Try pressing on the brake pedal while the car is parked. If the resistance seems soft and spongy, the brake shoes may need adjustment. If the pedal seems to be descending farther toward the floorboard than normal, the master cylinder may be low on fluid or you may need new brake linings. Scraping or squeaking sounds as you apply the brakes are signs that the brake pads or linings may need replacing. If the car also wanders on the highway, the wheel bearings may need tightening. A broken rattle-preventing spring in some disc brakes may cause a rattling sound when you're driving at low speeds on rough roads (the sound may also signal worn pads).

Banging and chugging?

Backfiring—a rifleshot sound out the tail pipe or carburetor as you decelerate or accelerate—generally indicates the spark plugs are firing at the wrong time or the carburetor is out of adjustment. Ignoring the condition can cost you money in lower mileage. But before you get a tune-up, see if the ignition wires are cracked or touching each other, check the performance of the coil, and see if the distributor cap is cracked.

Does your car keep chugging and rattling after you turn off the key? That's called "dieseling," and it may be harming the crankshaft and connecting rod bearings. To prevent dieseling, you can try several things: Let the engine idle for a moment before turning it off; try a higher octane fuel; check the basic timing; or have the carburetor idle speed reset.

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Margaret Daly

Handicapped children in the classroom—

what "mainstreaming" is all about



• During recess at the Phelps Elementary School in Springfield, Missouri, the usual din of yells and laughter fills the playground. But communication doesn't stop there. Though several children are deaf, they and their schoolmates converse easily using sign language as well as voices in the "total communications" system taught at Phelps. Until recently, most of the deaf youngsters had to attend the state school for the deaf, 200 miles away from home.

• Three preschoolers at Baylies Beginning Center in Canton, Massachusetts, tumble happily on a water bed built into a platform on the classroom floor. One of the children has cerebral palsy, and the other two are helping him crawl and roll over to heighten his limited sense of movement. Later, these children gather with others—some physically handicapped, some not—to listen to the teacher read a story.

• In a Livonia, Michigan, eighth-grade science class, a 13-year-old boy suddenly slams his books on the floor in frustration. Some classmates glance up at the noise, then go back to their assignments. The youngster begins to sigh and fidget, and the teacher walks over to his desk. She asks if he'd like to go talk to his special counselor. The teen-ager agrees and leaves the room quietly. Next day, he's back in class, hard at work. Diagnosed for several years as schizophrenic, this boy was in a state institution until recently. With the help of medication and in-school counselors, he is now succeeding in a regular school.

Last fall, the Education for All Handicapped Children Act of 1975 went into effect in the schools. Backed by earlier court decisions and legislation (such as Section 504 of the Rehabilitation Act of 1973) that established the rights of the handicapped, PL 94-142 offers funding aid to any state that makes a "free, appropriate education" accessible to all handicapped children. By mid-1979, all states except New Mexico had applied for funds under PL 94-142.

What does "mainstreaming" really mean?

The popular term for integrating handicapped children into regular school activities is "mainstreaming," but the word can be misleading. PL 94-142 is not meant to "dump" handicapped children into the regular classroom, no matter what their needs. The concept of education in the "least restrictive environment" (see article) is designed instead to provide a continuum of programs through the schools and/or special institutions. Each child can then receive the best education possible within the limits of his or her capabilities.

As of last year, the law covers all handicapped children aged three to 18, and its provisions are to be extended for those up to age 21 by September, 1980. (Costs of training older children are not covered beyond the secondary level.)

When the law was drafted in 1975, the government estimated 5.5 to 5.8 million youngsters aged five through 17—approximately one out of eight of the school population—would qualify for federal funds under PL 94-142, and that there were another million handicapped children under age five, plus another million aged 18 to 21. The implications for the education of your children—handicapped or not—are considerable.

Who is covered?

PL 94-142 defines handicapped children as those who require some form of special education and perhaps some related services, such as transportation or speech therapy. (The special education needs of gifted children are not covered under this law, however.) The group defined in PL 94-142 includes children who are evaluated as being mentally retarded, who suffer from physical handicaps, who are emotionally disturbed, or who have specific learning disabilities. The degree of the handicap can range from mild to severe.

In 1975, when PL 94-142 was drafted, Congress found that only half the estimated number of handicapped children were receiving appropriate educational services, and one million youngsters had been excluded entirely from the public school system. Even handicapped children already in school often

continued

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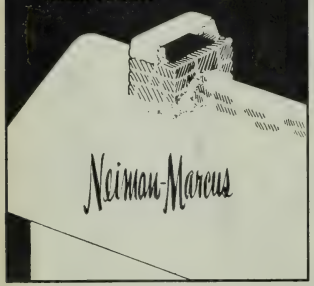
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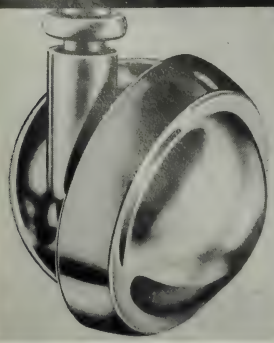
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continued

Mainstreaming

suffered from being placed in separate, isolated facilities that were inferior to those provided for the rest of the school population. Instruction and other services were frequently inadequate as well. And, costs were prohibitive for families who sent their children to special private schools.

To cope with such problems, many states have had laws similar to PL 94-142 in effect for several years. But the new federal law has created difficulties as well as successes. To help clarify how education for handicapped children is progressing at your child's school, it's important to understand the four basic principles in PL 94-142.

1. Identification

The schools must actively seek out handicapped children and provide free testing and other evaluation procedures to identify the special educational needs of each child. Testing must be multidisciplinary: No one test (such as an IQ test) or single procedure will suffice. The tests must also be as free as possible of cultural or other bias.

If the school refuses to test a child or conduct more tests, parents may get an independent evaluation for which the school must pay—provided the need for testing is demonstrated by a special hearing procedure (see below).

2. Education in the "least restrictive environment"

A handicapped child must be placed in a program in the "least restrictive environment" that suits his or her special needs—in other words, a program as close as possible to that of a non-handicapped child (see box on "mainstreaming"). When the appropriate services are not available, the local school district must create them or pay for comparable ones for the child—in a neighboring school district or in a private or state school.

For some youngsters, the "least restrictive environment" means a full schedule in the regular classroom, with perhaps an hour or two a week of special instruction. For example, in the Springfield, Missouri, system of 24,000 students (kindergarten—12th grade), about 2,500 are on special education lists. Of these, 50 percent attend regular activities 90 percent of the time.

For other children, the least restrictive environment means learning in a self-contained classroom for most of the time with other youngsters who have similar problems, but joining some activities (like music and physical education) with a group of pupils from regular classes. Severely handicapped children might receive their full-time program in a self-contained classroom, or at a special institution such as a school for the blind—but at public expense. Instruction in the home is also covered, where it is considered to be in the best interests of the child.

3. Individual planning

To many educators and parents, the most significant aspect of PL 94-142 is that a detailed "individualized educational program" (IEP) must be written for each child identified as handicapped. The parents of handicapped youngsters are to take an active part in preparing that plan, along with the classroom teacher or special education teacher or both. Often other professionals, such as a psychologist or speech therapist, join in. A school administrator may be there as well—and the youngster, when appropriate.

A child's IEP should be drawn up at the beginning of the school year, though that's not always practicable. Actually, the timing is not mandated by the law. Plans must be reviewed at least once a year, however.

IEP formats vary, but state guidelines must meet with the approval of the Bureau of Education for the Handicapped (BEH) in Washington. All IEPs must state the child's current capabilities, list specific goals for the school year, and detail the services that will be provided.

A typical IEP of a child with a learning disability that affects his reading skills might say, in part: "Johnny can perceive letters and some words, but has difficulty decoding sentences. By the year's end he should be able to read and write simple sentences. We will provide three hours per week with a special reading instructor, plus two hours with a student aide in the regular classroom each week. The principal text used will be. . . ."

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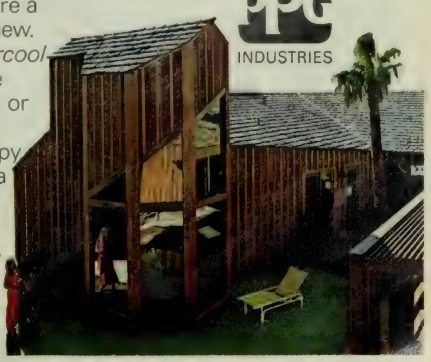
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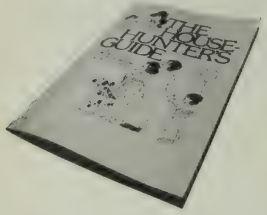
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continued

Mainstreaming

Though many teachers routinely devise individualized plans for all their pupils, the IEP concept is unique because of the requirement that parents participate. Parents are asked to be involved in developing the child's program. They must agree to the contents of the program. And they can challenge the program if they choose.

An IEP is *not* a contract, however; if Johnny fails to progress according to schedule, the teacher cannot be held legally responsible for that failure.

4. Due process rights

For parents who don't agree with the diagnosis of their child, with the classroom placement, with the IEP, or with how it is carried out, PL 94-142 outlines appeal and hearing procedures that must be made available within set time limits. Procedures vary among the states, but the usual progression is an informal hearing first; then a formal hearing at the district level; finally, a formal hearing at the state level. Failing to get satisfaction, parents may appeal to the appropriate state court.

How is the law working?

According to Edwin Martin, Deputy Commissioner of Education in charge of BEH: "In the first school year under PL 94-142, about 100,000 more youngsters—maybe twice that by now—were enrolled in special education programs than before. This year, with more money available, we'll see the effects accelerated."

"The implications of PL 94-142 for all education are great," according to William Rioux, of the National Committee for Citizens in Education, in Columbia, Maryland. "For the first time we have a law that requires focusing upon the individual needs of students. And we have a system that brings parents actively into the planning of their youngsters' education. Hopefully, all of education is moving in that direction."

Sally Ramsey, coordinator for special education in the Livonia, Michigan, schools, stresses the value to handicapped children in becoming more self-sufficient. "I've seen kids with emotional problems who sometimes act up in their special education homerooms, but have no behavior problems in a general education class. The support and close relationships of the special ed room are important. But so are the expectations in the regular classroom setting."

Moving into the mainstream has also helped many handicapped youngsters overcome their painful sense of isolation and being "different."

What happens to non-handicapped kids?

Most heartening—and frequently touching to observe—are the ways that other youngsters generally accept and help their new classmates. In many schools, you'll see children pushing wheelchairs, learning sign language, or giving reading lessons to classmates.

Martha Ziegler, director of the Federation for Children with Special Needs, in Boston, points out that the law provides an important experience for all youngsters. "They're learning to see handicaps as just another part of regular living, something to be treated with compassion rather than fear or ridicule," she says.

Some people are concerned about the effect of PL 94-142 on school budgets, however. Even if a state chooses to forfeit PL 94-142 funds by not complying, Section 504 of the Vocational Rehabilitation of 1973 establishes the civil rights of handicapped people to an appropriate public education. In other words, the schools must provide the services anyway. As a result, budgets for meeting the needs of other students—the gifted and talented, for example, or students of art and music—may get lower priority.

Many parents and regular classroom teachers are also worried that non-handicapped children will receive less attention because teachers will be preoccupied with the extra demands of handicapped youngsters. One teacher in Virginia has a fifth-grade homeroom of 28 children, two of whom are hyperactive and frequently disruptive. "I have to spend 50 percent of my time dealing with them," she reports "and that's not fair to the other children."

Generally, the success or failure of PL 94-142 gets down to how well individual districts and schools are managed. Some schools provide good back-

continued

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continued

Mainstreaming

up systems to train teachers for their new assignments and to supplement each child's program with adequate special education and other services. Other schools have not yet found the way, and serious problems often result.

If you're concerned that your nonhandicapped child is getting shortchanged, talk the problem over with the teacher and principal. However, remember that these programs take priority in the schools under the law. It's in your child's best interest to see that the school is complying with PL 94-142 intelligently, so your child's teacher has the best possible chance to function well with all students.

The key problems

In any system as vast and complex as the American public schools, getting effective compliance with the written law is a Herculean task. States that have had comprehensive education for the handicapped laws for several years enjoy a head start in being able to comply with PL 94-142.

Even so, there are a lot of bugs to work out. "As important as this law is, we're not going to implement it totally tomorrow," says Tom Shannon, executive director of the National School Boards Association. "Different districts face different problems, and it's just not realistic to expect them all to be fully on stream at the same time."

To one degree or another, problems such as these have arisen:

Inadequate funding

"Once again, the federal government has raised hopes and expectations but then has not delivered the money to implement its programs," says Terry Herndon, executive director of the National Education Association.

PL 94-142 authorizes an increased per-share supplement from the federal government for the costs required to educate handicapped students (up to 40 percent of the costs by 1982). The total authorized federal budget for such aid through 1982 is $3.1 billion. But authorization and actual cash layout are two different matters. For fiscal year 1980, at the time of this writing, only 12 percent of the average cost per handicapped child was actually allocated from the federal budget, instead of the 20 percent authorized by the law. The Administration's 1981 budget allocated 12 percent as well (30 percent was authorized), though extra funds may be voted by Congress.

In the meantime, the states must comply or lose the federal assistance for their handicapped programs. State and local funds must make up the difference in any event, yet they're difficult to come by as education costs rise and tax-slashed budgets shrink.

On the other hand, the huge costs now will actually save money later, according to Charlotte des Jardins, director of the Coordinating Council for Handicapped Children in Chicago. "We have adults in institutions right now who could have become productive citizens if people had understood what education could do. In Illinois it costs from $45 to $200 a day to keep someone in a state institution. That's a lot more than a day at Harvard."

Demands on teachers

Already burdened by large class sizes and formidable paperwork, many teachers see PL 94-142 as still another demand on their time and energy. The whole IEP procedure is time-consuming. Handicapped children may require special attention in the classroom. Scheduling part-time mainstreaming can be mind-boggling. Good management and sufficient funds are essential and not always evident.

What's more, many regular classroom teachers have had no training or experience in handling handicapped youngsters. The need for on-the-job, or in-service, training is critical. Teachers need to learn techniques for dealing with the specific handicaps they face in their classes, and learn to coordinate activities with special education teachers. "Most important, regular classroom teachers need to feel confident that they will be able to manage and serve their pupils adequately," says Dr. Susan Swap, coordinator of the undergraduate "special needs programs" at Boston's Wheelock College, which trains teachers in early childhood education.

Special education staff

Some specially trained teachers must cover several schools on a regular basis to help with reading and other problems. Psychologists, physical and speech therapists, hearing specialists, and other professionals also may ride the circuit. Ideally, in areas with a large number of handicapped children, each school would have the appropriate experts on staff full time. But again, both money and administrative commitment are the problems.

Questionable placement practices

It's often difficult to get the right diagnosis of a youngster's problems, then develop the right program to meet the child's needs in the "least restrictive environment." Theoretically, the resources required should be developed within the local school system, or it must foot the bill elsewhere. Pragmatically, that doesn't always happen; children are sometimes placed in regular classrooms to save expense.

Conversely, court battles are being waged right now by parents of handicapped children who feel their youngsters should not be "mainstreamed."

Other problems

- *Avoiding identification.* Some studies show that some school systems are not actively searching out the handicapped in the way PL 94-142 requires.
- *Labeling.* The focus on educating handicapped children sometimes singles out a child's disability so the label for his or her specific problem becomes the youngster's identity.
- *IEP procedures.* Some parents don't seem to want to get involved—though uncertainty about their role may be the cause, not disinterest. On the other hand, some schools do not make sufficient efforts to schedule IEP planning for the times parents can attend.
- *Ignorance about rights.* Parents who disagree with the diagnosis, placement, IEP, or its execution are not always informed of their legal recourses.

If your child is handicapped

First, face your own feelings head on. "You shouldn't be ashamed of your mixed feelings about your child's problems," says Martha Ziegler, whose daughter is handicapped. "They're normal reactions to an often difficult situation. It helps to talk with parents of children with similar problems."

Second, become informed about

continued

SECOND IN A SERIES ON HOME OWNERSHIP

More Myths

MYTH 6
Home prices may level off eventually, so you should put off buying a home now.

FACT Those who play the waiting game will most likely lose. Housing prices could stabilize, of course. But interest rates could increase. Or vice versa. Your chances of catching **both** in a leveling or declining situation are very slim. Meanwhile, the money you are spending every month on rent could be going toward your new home. When your family and financial situations dictate that it's time to buy, get moving. The longer you wait, the more it will cost you.

MYTH 7
It will take too long to recover my investment from energy-saving home improvements.

FACT You actually save **two** ways by adding insulation and other energy-saving improvements. You'll not only cut your energy costs, you can also lower your federal income taxes through the use of "energy credits". These credits are available when you make improvements to your home such as installing insulation or weatherproofing — or a solar heating system. For details on this money-saving tax break, ask your nearest IRS office for their free publication, "Energy Credits for Individuals." By the way, most states also offer energy credits against state income taxes, too.

MYTH 8
Whenever possible, pay off your mortgage early.

FACT It may not be to your advantage to pay off your mortgage ahead of schedule. Say you've accumulated a large sum of money through an inheritance. You may be able to put the money to better use in your business. Or you might decide to have it readily available as an emergency fund. Or you may be able to make a prudent investment and actually earn more than the mortgage will be costing you. Remember, once you've applied the additional funds toward your mortgage, you can't get them back without refinancing or selling the house. Compare all the factors before making your decision to prepay your mortgage.

MYTH 9
All lenders charge the same interest rate for mortgages.

FACT You can save money by shopping around for your mortgage. Rates and terms may differ significantly. Check them all out carefully: banks, savings and loan associations, insurance companies, credit unions. Compare not only the interest rate, but other costs as well. Appraisal fees, legal costs, "points," prepayment penalties and title insurance fees all can have a bearing on your total out-of-pocket costs over the years. If you do other business with the lender — such as maintain a savings or checking account there — you might be able to negotiate more favorable terms on a mortgage loan. It costs nothing to ask.

MYTH 10
When changing residences, you are at the mercy of the movers.

FACT You have important legal rights with moving companies. If you are moving from one state to another, the Interstate Commerce Commission insures that certain of your rights are protected by law. The moving company is required to give you a document called "Summary of Information for Shippers of Household Goods". This document spells out — in plain language — exactly what your rights are and how you can protect them. Your state may have comparable regulations protecting you if your move is within the boundaries of your own state of residence. Check with your Attorney General's office for details.

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Our Real Estate Member

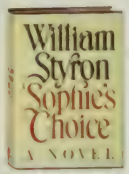
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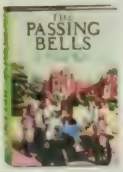
When the talk turns to books, it's usually about books like these.



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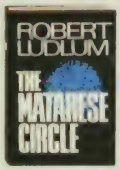
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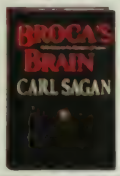
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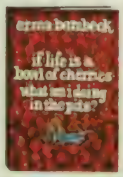
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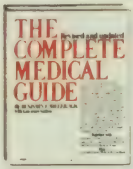
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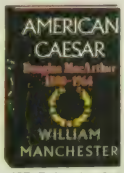
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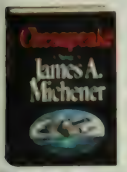
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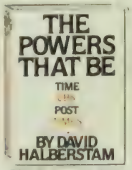
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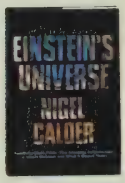
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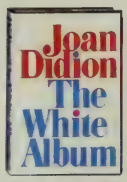
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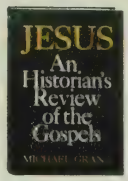
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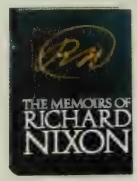
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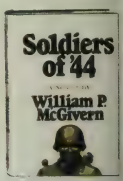
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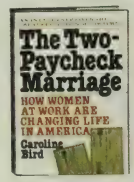
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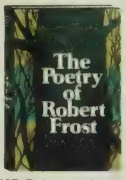
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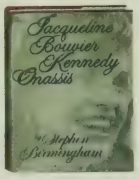
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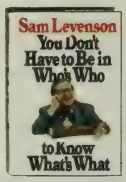
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ontinued

Mainstreaming

our rights and the proper procedures nder PL 94-142 and your state's laws. Organizations for the parents of handiapped children can tell you a lot and ven provide training sessions on how o utilize your rights effectively. Many f these groups will also send an exerienced member with you to the IEP ession and to hearings, if you wish.

Third, insist on proper testing for our child. Get an outside evaluation, f necessary.

Fourth, be firm but cooperative in eveloping your child's IEP. Offer your views about the child as well as your observations about specific behavior. Make certain the program relates to your child's special needs. Don't accept a program that is too general ("Johnny will read better by the year's end"). See that the IEP outlines related services in addition to educational programs.

Fifth, keep on top of how the child is progressing through the year and request a revision of the IEP if you think it's necessary.

Sixth, if you fail to get a remedy through the school or district, report the matter to the state department of education and to the Bureau of Education for the Handicapped in Washington. But don't lose sight of the fact that PL 94-142 is meant to be worked out on the local scene.

For more information

- Closer Look, a federal information service, NEA Building, 1201 16th Street N.W., Washington, D.C. 20036.
- Local organizations for children with special needs. Get addresses from Closer Look.
- The Council for Exceptional Children, 1920 Association Drive, Reston, Virginia 22091.
- Your school district's superintendent or coordinator for special education; or the state department for special education.

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l greens
p peanuts
n peaches, reserving
juice. Chop peaches;
ve some slices for
ish. Combine chopped
hes, chicken, celery,
ns and Creamy Curry
sing; chill. Arrange
cen mixture with salad
s; garnish with peanuts
sliced peaches. Serves
t 4.

THE DRESSING MADE WITH THE REAL FRUIT JUICES.

CREAMY CURRY DRESSING:
Combine ⅓ cup reserved fruit juice with 1 cup (8 oz.) plain yogurt, ½ teaspoon salt and ¼ teaspoon curry powder. Yields about 1⅓ cups.

THE DRESSING MADE WITH THE REAL FRUIT JUICES.

CREAMY DILL DRESSING:
Combine ⅓ cup reserved fruit juice with 1 cup (8 oz.) plain yogurt, ½ teaspoon dry mustard powder, ½ teaspoon minced onion pieces and ¼ teaspoon dill weed; chill. Yields about 1¼ cups.

THE SALAD MADE WITH THE FRUIT.

CALIFORNIA CHEF'S SALAD
1 can (16 oz.) Libby's Juice Pack Pear Halves
Salad greens
½ pound cooked ham, cut in strips
1 medium avocado, thinly sliced
Bean sprouts
Creamy Dill Dressing
Drain pears, reserving fruit juice. On serving plate arrange greens, ham, avocado and pears; top with bean sprouts. Serve with Creamy Dill Dressing. Serves about 4.



Source comparative 'tar' and nicotine figures: FTC Report May 1978.
Of All Brands Sold: Lowest tar: 0.5 mg. 'tar,' 0.05 mg. nicotine av. per cigarette.
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Snuggly

SWEATERS AND AFGHANS TO KNIT AND CROCHET

By Nancy Lindemeyer and Deborah Dugan

The beautiful Long Island coast can be as much fun to explore in fall as during the peak summer months. And we found it made the perfect setting for our rough-and-ready family sweaters, afghans, and accessories on a breezy October day. To work up our smashing projects, we chose easy-care Bucilla acrylic yarns, combining bright solids tempered with subtle tweeds. Each sweater band is a new stitch pattern teamed with a new yarn color, so the project is a "sampler" of your knitting virtuosity! Show off your talents by making a pullover, or knit a matching afghan by the square. Or you might single crochet this snuggly afghan, *right*, on the diagonal. For a closer look, please turn the page.



Sweaters

What's an outing at the shore without a visit to the harbor? And our family's rugged sweaters fit right in with the rich colors and textures found along the docks. The dropped shoulders spell comfort and ease of fit. The modified cowl neckline matches the ribbing at wrist and waist. Our jaunty pullovers are easy enough for novice knitters







since the shaping is very simple to accomplish—the only decrease occurs at the neck. And with each new color added you're learning to combine basic knitting stitches in a new way—such as the double seed, cable, or basket weave. That means you can master brand-new knitting skills or polish up old ones while getting the jump on handmade holiday gifts. If you crochet, you can quickly work up our cozy hats in a single sitting using double yarn strands and a large crochet hook. And to keep tiny legs toasty warm, what could be nicer than a pair of nubby cabled knee socks *(top left)*?

How-to for all projects begins on page 137.



Photographs: Bradley Olman; Designs courtesy Bucilla

Afghans

After a full day of walking along the seashore playing tag with the waves, our family settles down to a hearty picnic dinner complete with every child's favorite—toasted marshmallows. And our checkerboard-style afghan provides the perfect "table" for a basketful of goodies. Each eight-inch square repeats a stitch



pattern and yarn color from the sweaters. Once the squares were knit and stitched together, a narrow crocheted border was added for a vivid mix of tweeds and solids. Because the afghan is knit by the patch, you can easily work on it anywhere and use up leftover yarns. When the sun sets and the wind grows chilly, our striped afghan is great for cuddling up and watching the waves roll in. And the bands of single crocheted rows are simple enough for even a beginner to master. Our projects also include a scarf and cabled mittens—ideal gifts for family and friends.

For a look at the accessories, turn to page 144.









Evergreens!

How to choose them, plant them, care for them, ENJOY THEM!

BY DOUGLAS A. JIMERSON



For no-hassle garden color the year-round, you can't beat evergreens. They're hardy in every climate, easy to care for, and come in a variety of sizes and shapes that adapt well to any landscape scheme. Color varies, too; dark green, bluegreen, and yellowgreen are the most common shades. And many species produce spectacular spring flowers.

Evergreens in the garden

All evergreens are divided into two major classifications: the needle-leaved evergreens and the broad-leaved evergreens. The needle-leaved group includes species like yews, junipers, spruces, pines, and cedars. The broad-leaved group includes species like rhododendrons, hollies, barberries, and camellias.

Traditionally evergreens were grown only in foundation plantings or as specimen plants, but most evergreens also look great teamed with annuals, perennials, or bulbs. Count on evergreens as ground covers, privacy screens, or hedges.

Left: Add a touch of elegance along a drive or front walkway with a planting pocket of different evergreens. The varied heights and shapes of the evergreen species planted along this brick driveway add interest as well as beauty. And best of all, the ultimate height of each species was kept in mind at planting time.

Photograph: Bill Helms. Source: Bonnie Maharam. Landscape architect: Atlantic Nursery









Top left: Pyramidal Chinese junipers planted in the narrow strip between neighboring concrete driveways offer both privacy and a refreshing break from an otherwise humdrum landscape. Maintenance is kept to a minimum with a six-inch-deep mulch of chipped bark.

Bottom left: For a foundation planting that looks fresh and cool through spring and summer, try massing perennial candytuft against a bed of prostrate juniper. Both species are relatively slow-growing and need little care.

Top right: The fast-growing Monterey Cypress makes an eye-catching specimen plant in many parts of the southern United States as well as in its native California. When choosing a specimen plant, remember that you'll have better luck with a species that stays under 30 feet tall.

Bottom right: Creeping juniper makes a super ground cover for hard-to-plant locations as well as along walkways, on slopes, or even in raised beds. Its dense, ground-hugging habit will discourage weeds and keep the soil moist.

How to choose the right Evergreens!

THE NARROW-LEAVED EVERGREENS

Each year nurseries and garden supply houses offer a wide and often confusing selection of evergreen varieties. To make sure you get what your planting scheme calls for, we've grouped the needle-leaved evergreens into five separate shape classifications. Use this list as a guide when you shop for evergreens. For planting and zone of hardiness information, see page 153.





SHRUB	HEIGHT	HABIT AND FOLIAGE	ZONE	COMMENTS
Low and trailing				
Creeping juniper *(Juniperus horizontalis)*	1 foot	Low-spreading and dense. Foliage: blue-green or steel blue needles.	1	Tolerant of all soil types. Blue berries in the fall. Prefers full sun.
Japanese juniper *(Juniperus chinensis procumbens)*	2 feet	Low-spreading and dense. Foliage: blue-green and needlelike.	6	A good choice for foundation plantings or rock gardens. Easily pruned at any time. Prefers full sun.
Shore juniper *(Juniperus conferta)*	1 foot	Low-spreading and dense. Foliage: ¼-inch green needles.	6	Prefers sandy locations. A good choice for seashore gardens. Prefers full sun and loose sandy soil.
Sargent juniper *(Juniperus chinensis sargenti)*	1 foot	Low-spreading and dense. Foliage: needlelike and steel blue in color.	4	Effective used as a ground cover. Tolerant of poor soil conditions. Prefers full sun.
Japanese yew *(Taxus cuspidata aurescens)*	1 foot	Low-spreading and dense. Foliage: young shoots pale yellow, mature shoots dark green.	4	Use in foundation plantings where a little contrasting color is needed. Requires a sheltered location in northern parts of its range. Will grow in full sun and partial shade.
Medium-spreading				
Pfitzer juniper *(Juniperus chinensis pfitzeriana)*	6 feet	Dense, broad, and flat-topped. Foliage: bluish green and needlelike.	5	Fast-growing and tolerant of partial shade. A good choice for foundation plantings.
Mugo pine *(Pinus mugo mugo)*	5 feet	Dense and low-spreading. Foliage: bright green needles 1½-3 inches long.	2	Slow-growing, but hardy and useful in foundation plantings. Will grow in light shade.
Spreading English yew *(Taxus baccata repandens)*	3 feet	Dense and flat-topped. Foliage: green and shiny.	6	Branches are slightly pendulous. Use as a ground cover or in foundation plantings. Mature plants bear red fruits.
Dwarf Japanese yew *(Taxus cuspidata)*	4 feet	Very dense and low-growing. Foliage: green and shiny.	5	Handsome and hardy. Grows twice as wide as it is tall. Will grow in partial shade. Needs little pruning.
Round and compact				
Oriental arborvitae *(Platycladus orientalis)* many varieties	varies with variety	Dense and rounded, branches fanlike. Foliage: light green.	5	Attractive and unusual. A good choice for foundation planting. Some varieties need protection during heavy winter weather. Cannot tolerate heat.
Dwarf red cedar *(Juniperus virginiana)*	3 feet	Dense and rounded. Foliage: light blue-green. Will vary with season.	3	Rather uncommon, but still a good choice, especially in colder climates. Plants produce dark blue berries in the fall.
Brown's yew *(Taxus media browni)*	5 feet	Dense and rounded. Foliage: dark green, shiny and attractive all year.	4	Brown's yew is especially useful in foundation plantings. It is easy to keep pruned.

Drawings: Picard Didier Inc.

The five basic shapes



Low and trailing



Medium-spreading



Round and compact



Horizontal-spreading



Upright

SHRUB	HEIGHT	HABIT AND FOLIAGE	ZONE	COMMENTS
Horizontal-spreading				
Hinoki cypress (*Chamaecyparis obtusa*) several varieties	varies with variety	Medium dense. Foliage: threadlike and often pendulous. Light green in color.	5	Fairly uncommon, but a good choice as a specimen plant or in a foundation planting. Prefers full sun.
Sargent's weeping hemlock (*Tsuga canadensis pendula*)	5 feet	Wide-spreading, slightly pendulous branches. Foliage: deep green.	4	Attractive when used as a specimen plant. Becomes twice as wide as it is tall. Needs winter protection.
Savin juniper (*Juniperus sabina tamariscifolia*)	2 feet	Dense and low-spreading. Foliage: needlelike and bright green.	3	Use in front-of-the-border foundation plantings. The slightly pendulous branches sweep the ground. A good choice for rock gardens.
Japanese plum yew (*Cephalotaxus harringtonia*)	6 feet	Dense and rounded. Branches are slightly drooping. Foliage: pale green.	7	Good used in foundation plantings or hedges. Are not hardy in areas where summers are hot and windy.
Elegant English yew (*Taxus baccata elegantissima*)	5 feet	Dense and spreading. Foliage: dark green; new growth is pale yellow.	4	Slow-growing, but will easily get twice as wide as it is tall. Use as specimen plants or in foundations and borders.
Upright and pyramidal				
American arborvitae (*Thuja occidentalis*)	8 feet	Most are compact pyramidals. Foliage: green, blue-green and scalelike.	2	Slow-growing. Use as foundation plants or in hedges. Easily pruned in early spring before new growth. Plants prefer cool, moist locations.
Hollywood juniper (*Juniperus chinensis torulosa*)	15 feet	Semi-open, with irregular branching habit. Foliage: deep green.	4	Unique branching habit makes this plant useful as a specimen tree. Pruning is not recommended.
Pyramidal Chinese juniper (*Juniperus chinensis pyramidalis*)	10 feet	Dense and widely conical. Foliage: needlelike and bluish green.	4	Best used as a specimen plant. Older specimens tend to look ragged.
Dwarf white pine (*Pinus strobus densa*)	5 feet	Semi-open. Foliage: long gray-green, flexible needles.	3	Not commonly seen. Plants must be kept pruned.
Dwarf white spruce (*Picea glauca conica*)	9 feet	Dense, widely conical. Foliage: light green.	3	Slow-growing. Needs no pruning. Use as a specimen.
Irish yew (*Taxus baccata stricta*)	10 feet	Tall, columnar, and dense. Foliage: green, also has yellow and variegated forms.	6	Very attractive. Needs little pruning to keep its shape. Not reliably cold hardy.
Hick's yew (*Taxus media hicksi*)	12 feet	Dense and columnar. Foliage: dark green.	5	Very popular in foundation plantings. Will grow in full sun or partial shade.
Upright Japanese yew (*Taxus cuspidata capitata*)	12 feet	Dense and widely conical. Foliage: dark green.	5	Good specimen or foundation plant. Must be pruned regularly.

Taller species used primarily as specimen trees or larger lots include: spruce (Colorado blue, white, Norway), pine (white, red, Austrian, Scotch, Monterey), fir (Douglas, white), red cedar and hemlock. Don't plant any of these species too close to the house.



PINE



ARBORVITAE



JUNIPER



SPRUCE

How to choose the right

Evergreens!







THE BROAD-LEAVED EVERGREENS

The broad-leaved evergreens are the aristocrats of the evergreen family. They're relatively hardy and have glossy green foliage. Many species, like azaleas and rhododendrons, also produce colorful flowers. Mixed with needle-leaved evergreens, the broad-leafs add subtle contrast in shape and color. As a rule, most broad-leafs will not grow where winter temperatures regularly drop below zero.



Bottom right: You can't beat oleander as an informal hedge or a privacy screen. It's hardy in almost any soil type and resistant to drought, and it produces flowers from midsummer to fall. Clumps of white marguerites and Giant Majestic pansies were planted at the base of the hedge.

Top right: For a dazzling springtime display, be sure to make room for rhododendrons. Here, the rosy purple mucronulatum species covers itself with blossoms in early spring. Rhododendrons look great grown alone or in small groups teamed with needle-leaved evergreens. For maximum effect, plant rhododendrons with early-flowering shrubs like forsythia and pussy willow. Rhododendrons grow best in a partially shady location with slightly acid soil. Keep rhododendrons mulched at all times to increase soil moisture and to eliminate the need for hand cultivation. Rhododendrons have very shallow root systems and are easily injured by hoeing. Most varieties require little pruning.

Above left: Andromeda produces long white chains of lily-of-the-valley-like flowers every spring. You can use it in a foundation planting or as a specimen plant. Andromeda prefers a moist, partially shady location with slightly acid soil. Andromeda is slow-growing, but it will eventually reach a height of 15 feet if it's left unpruned. If pruning is required, do it right after the flowers fade.

SHRUB	HEIGHT	FLOWERS AND FOLIAGE	ZONE	COMMENTS
Andromeda *(Pieris)* two major species	6 feet	Small, white, fragrant, lily-of-the-valley-like flower clusters appear in early spring. Foliage is bright green.	6	Will grow in full sun or partial shade. Very showy and useful in borders or as specimen plants. Of the two most popular species, floribunda and japonica, the floribunda is slightly more hardy.
Azalea (see rhododendron)				
Barberry *(Berberis)* many species and varieties many deciduous varieties	1½ to 5 feet	Most have small yellow or white flowers in the spring followed by blue-black or red berries in the fall. Leaves are thick, glossy, and green. Twigs are thorny.	6	Slow-growing and dense, barberry is perfect for hedges or borders. It is easily pruned to any height. Always hardy.
Boxwood *(Buxus)* two major species	1½ to 5 feet	Dense, compact, and low-growing. Leaves are small and glossy green, although several varieties have variegated foliage.	6	Handsome used as hedge or edging plant. Easily pruned to any height. The Korean box, *B. koreana* is the most cold tolerant.
Camellia *(Camellia)* two major species hundreds of varieties	15 feet	3- to 6-inch single or double showy flowers appear in mid-autumn and continue through the spring. Leaves are glossy green. Flowers include: red, white, pink, bicolors.	7	Requires a rich, moist, slightly acid soil. Grows best in partial shade. Use as specimen plants or in shrub borders. Needs little pruning. Provide winter protection along the northern limits of its range.
Cotoneaster *(Cotoneaster)* two major evergreen species	3 feet	Very low-growing with small pink or white flowers appearing in early summer. Red berries in the fall. Glossy green leaves.	6	Requires full sun and a slightly alkaline soil. Useful in rock gardens and along walls. Easily kept in bounds.
Euonymus *(Euonymus)* two major evergreen species and one climbing form, also many deciduous forms	5 feet	Tiny, inconspicuous flowers appear in the spring followed by pinkish seed capsules that open to reveal orange berries inside. Foliage is glossy green or variegated.	7	Euonymus is very hardy and tolerant of most soil types. It is easily sheared to any size and can be pruned all year long. Rambling forms can be trained up a wall or used as a ground cover.
Firethorn *(Pyracantha)* several species	6 to 18 feet	Small white flowers appear in spring followed by red berries in the fall. Foliage is glossy green and the twigs are thorny. Several species have yellow or orange berries.	7	Requires full sun but is tolerant of most soil types. It is easily pruned to any shape. Firethorn is valuable for its bright winter color. Can be used as a low hedge or trained up a wall.
Holly *(Ilex)* many species and varieties	varies with variety	Foliage is glossy green and often has pointed tips. In the fall plants produce red or black berries.	6	Holly requires a partially shady location with rich, moist, slightly acid soil. Holly is very hardy and slow-growing.
Holly Grape *(Mahonia aquifolium)* several dwarf forms	6 feet	Small yellow flowers appear in spring followed by blue-black grapelike fruits. Leaves are holly-like and glossy green.	6	Reproduces by underground runners and makes a good tall, hardy ground cover. Grows best in partial shade and moist soil. If pruning is required, do it in early spring before new growth. Provide winter protection for plants in cold-climate locations.
Jasmine *(Jasminum)* many species	8 feet	Plants produce fragrant yellow flowers from midsummer to fall. Foliage is glossy green.	7	Jasmine can be grown as a vine or as a shrub. Quick-growing and vigorous in rich moist soil. Plants require full sun. Easily pruned.
Myrtle *(Myrtus communis)*	9 feet dwarf forms smaller	1-inch white flowers appear all summer followed by blue-black berries in fall. Foliage is deep green and fragrant.	8	Hardy in hot or dry spots. Use in shrub borders or hedges. Will grow in full sun or partial shade. Occasionally grown in pots or tubs in the north.
Oleander *(Nerium oleander)*	18 feet	3-inch single or semidouble flowers appear in midsummer and continue until fall.	7	Vigorous grower in almost any soil type. Good choice for hot, dry, infertile locations. Use in shrub borders.
Privet *(Ligustrum)* two major evergreen species	10 feet	Both species have small white flowers in summer and black berries in the fall. Foliage is dark green.	8	Very hardy and pest resistant. Use in screens, hedges, and shrub borders. Easily trimmed to any desired height.
Rhododendrons and azaleas *(Rhododendron spp.)* hundreds of varieties	varies with variety	2- to 7-inch single or double flowers appear in clusters from early spring to early summer. Leaves are glossy green.	6	Very showy. Prefers dappled shade and slightly acid soil. Be sure to choose a variety known to be hardy in your area.
Viburnum *(Viburnum)* several species many deciduous species	9 feet	All varieties produce small flowers in early spring followed by black berries in the fall. Leaves are very glossy green.	7	Virburnum requires partial shade and rich moist soil. Use in shrub borders or screens. Berries are relished by birds and other wildlife. Hardy and adaptable to most any location.



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Double-duty bunk beds

What youngster wouldn't love an indoor play fort all his or her own? And what Mom and Dad wouldn't be delighted with this built-in bunk bed/play area combo? It provides sleeping space for two at night and doubles as a play fort and toy storage area during the day.

The beds are constructed of birch plywood; the top bunk is cantilevered over the bottom one with a headboard-like support to stabilize the unit. The support is attached to the ceiling (the ceiling shown here is slanted, but the design can easily be adapted to a standard ceiling). A two-foot circular cutout in the center allows kids in the top bunk to talk to friends below. The support also serves as a headboard for the top bunk. Both bunks have wall-mounted lighting for reading.

The bunks are 6½ feet long and 3½ feet wide. That width is the size of a standard bunk bed mattress, plus one inch. (The extra inch allows for easier bed making.) Both bunks are made of birch plywood and are edged with 1x6 frames. The top bed has a guardrail to protect a sleeping child from falling. The bottom bunk and storage area rest on a three-inch-high kickplate.

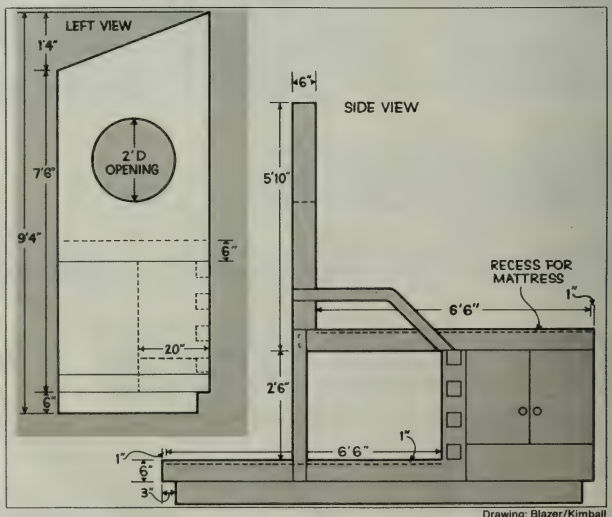
Young climbers will love the unusual "ladder" that provides access to the top bunk. Four toeholds are recessed into the toy storage cabinet on the other side of the bottom bunk headboard; the kids just grab the top bunk frame and climb up. The toeholds are approximately four inches square and can be built as deep as you wish.

The storage area has plenty of shelf space for toys and treasures; a bottom drawer holds large, flat items such as puzzles and games. If you prefer, the design can be altered to provide more drawer space by reducing the shelf area. The shelves and drawer are about 20 inches deep.

The unit is finished with several coats of clear polyurethane. You can stain yours to match other bedroom furniture or paint it, if you wish.



Photograph: Fred Lyon. Design: Claudia Adair, Western Contract Furnishers. Source: Barbara Cathcart



Drawing: Blazer/Kimball



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GARDENING

HOUSEPLANT HOW-TO

Some all-green plants have variegated varieties that are as popular as their all-green counterparts. The variegated jade shown here, however, is not as well-known as the solid jade, but it merits your attention.

Botanically named *Crassula argentea* 'Tricolor,' the variegated jade plant is bushy and woody-stemmed like the standard jade. Although jades can grow to ten feet tall in their native habitat, don't expect your indoor specimen to reach that height. Jades are extremely slow-growing and rarely reach over two feet tall indoors. In some states—California particularly—jades are often used in hedges or as individual specimens in home landscapes.

Give the variegated jade the same care as its all-green counterpart. The plant is a succulent, and it needs lots of light—at least half a day of full sun is best, but it will survive with less. Let the soil dry thoroughly before you water, and feed in spring and summer. Normal house temperatures and humidity suit the jade nicely, which makes it a good plant for most indoor locations. For maximum growth, put the plant outdoors in a protected place during the summer. Bring it back indoors in September.



Photograph: Mike Dieter

Jades prefer being potbound, so repotting isn't often necessary. Repot if the plant dries out very quickly or if roots are growing out of the drainage hole. Propagate new plants from stem or leaf cuttings. Let leaf cuttings dry overnight, and then root them in moist sand.

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FOOD

Cooking with beer

far back as history has been rded, people have been enjoy- he effervescence and spright- ste of beer. The use of beer ooking began in the Middle when Europeans discovered ubtle flavor that beer adds to prising variety of foods.

First, know your beer

ere are several types of beer avail- which vary in flavor, color, alco- content, and body. The flavor of depends on the combination of , hops, yeast, and water, and on ermenting and aging processes. differences in beer are achieved e addition of roasted malt and sugar.

ers are classified according to how are fermented. Either top or bot- ermenting yeast is used. This s the yeast either rises to the top ttles to the bottom of the tank g fermentation.

ger beer is the type that's com- y enjoyed in the United States. mellow brew that's low in alco- content (it varies from 3 to 4.5 nt). The European version of beer is called ***Pilsner.***

lt liquor beer, which contains up percent alcohol, is brewed from It has a mild malt flavor.

- ***Bock beer or bockbier*** is specially brewed in the spring. It is heavier and sweeter than lager beer and has a darker color and more body.
- ***Ale*** has a distinct, slightly bitter malt flavor that comes from the hops. It is fermented at a higher temperature than lager beer, and different yeast strains are used in the fermenting process. ***Porter*** and ***stout*** are both types of ales; porter is richer and stronger than stout.
- ***Light beers*** contain fewer calories than lager beers and have a blander flavor due to higher water content.
- ***Sake*** is a Japanese rice beer with a high alcoholic content and without the effervescence characteristic of American or European beers.

General tips

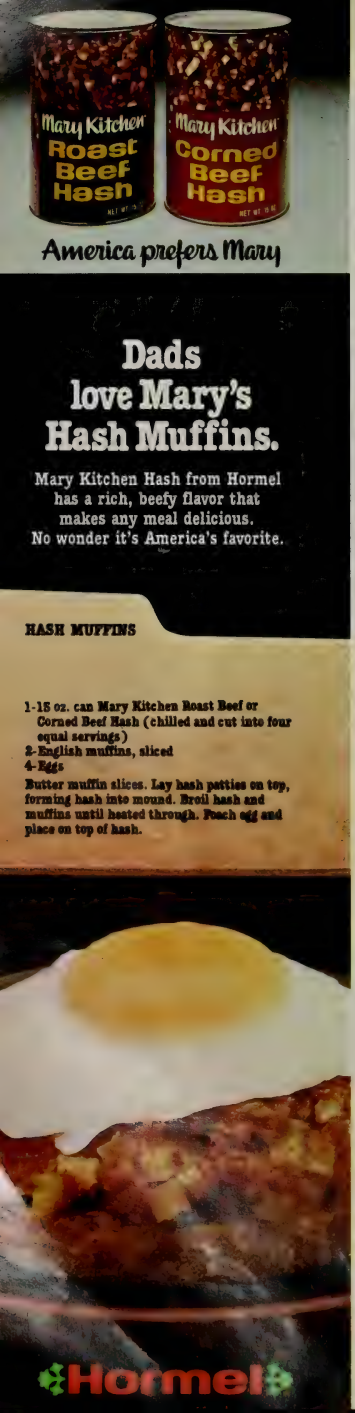
- Before you open your favorite brew to use it in cooking, consider the dish you're preparing. Stick to lager or light beers for subtly flavored concoctions. Call on the assertive character of darker bock beers or ales if you're cooking strong-flavored cheese dishes or extra-spicy foods.
- When you store beer, keep in mind that beer is at its flavor peak for just two to three months.
- When substituting beer for all or part of the liquid in recipes, use the same discretion you would use when adding wine. Adding beer at the beginning of cooking results in a mild flavor; adding it just before serving leaves a more pronounced beer taste.
- Heating the beer for even a few minutes allows most of the alcohol to dissipate, while the flavor remains.

Cooking pointers

- To give roasts a unique and delicious brown glaze, baste the meat with beer frequently during roasting.
- Use beer as the liquid in batters for deep-fried foods such as fish and seafood or vegetables.
- When boiling or poaching seafood or fish, use beer for the cooking medium. Thicken the liquid for a sauce.
- Cook potatoes in equal parts of beer and water to give potato salad a subtle European flavor.
- Add a cup or two of beer to a cheese soup or a tablespoon or so to a cheese dip or spread.
- Substitute your favorite brew for wine or water in meat sauces and marinades. Besides giving the meat an attractive color, the beer acts as a natural tenderizer.
- Add beer to stews and pot roasts. It enhances the flavor and produces a hearty-tasting gravy.
- Taking your cue from the Germans, cook sausages in beer instead of water.
- To give your whole grain bread a light texture and a mildly sweet flavor, substitute beer for a cup of the water or milk in the recipe.
- Make baked beans and chili something special by adding a cup or two of beer to the pot.







Dan Kaercher

Immunization: A call to action

Parents: Don't let complacency and misinformation lull you into neglecting your responsibility for having your children immunized. Youngsters and adults who are not immunized against the childhood diseases risk spreading diseases to others as well as becoming sick themselves. That's why public health officials have geared up to have 90 percent of American children aged 14 and younger immunized against seven major infectious diseases by this fall. You can use the Better Homes and Gardens Family Immunization Guide on page 72 as a reference and record-keeping aid.

Why an immunization drive?

As recently as 1976, 20 million (over 40 percent) of the nation's 53 million children aged 14 and younger were not completely protected against the seven diseases that vaccines can prevent: polio, diphtheria, pertussis (whooping cough), tetanus, measles, mumps, and rubella (German measles). Serious outbreaks and even epidemics are possible when this high a proportion of the population are not immunized against a contagious disease.

A long-range goal of the current Nationwide Childhood Immunization Initiative is the immunization of all three million children born in the U.S. each year, as well as persons over age 14 who lack immunity. Another objective of the drive is the establishment of an efficient, permanent immunization record-keeping system for our increasingly mobile population.

Although almost every state has enacted "no shots, no school" laws to spur immunization compliance, enforcement varies. Also, the age at which a child starts school is perilously late for "baby" shots.

Illnesses may be devastating when they are contracted during the early years. Measles, for example, may cause brain damage and deafness; mumps may lead to deafness; diphtheria may cause heart and kidney damage; polio may produce permanent paralysis or death; pertussis-stimulated convulsions may bring on brain damage.

Complications of the above-mentioned conditions can occur in adults as well as children. For example, exposure to rubella during pregnancy may lead to physical and mental birth defects in the baby. Tetanus in both adults and children is frequently fatal. And mumps in teen-age and adult males may cause sterility.

All of these tragedies are preventable, yet too many Americans still are not immunized. Many parents believe that childhood diseases are an inevitable part of growing up, or conversely, that all such diseases have been eradicated. In fact, only smallpox has been brought under control in the U.S. to the degree that routine vaccination for children no longer is recommended.

Immunizations aren't just for young children; for instance, "catch-up" shots against polio and tetanus are appropriate for most adults. (The exception is pertussis vaccine, which isn't given after the seventh birthday because the disease is not considered a serious problem beyond that age.)

The Family Immunization Guide

Use the Guide on page 72 to make sure there are no gaps in your family's protection. The ages and immunizations listed in the Guide are based on recommendations of the American Academy of Pediatrics. Similar schedules are suggested by the American Medical Association, the U.S. Public Health Service, and the American Academy of Family Physicians. Individual circumstances (i.e., certain diseases, epidemic exposure, and foreign travel) and school entry requirements may require modification of the schedule. Your pediatrician, family physician, or public health clinic can provide up-to-date recommendations for your area.

If you find that you or your children need further immunization, see your pediatrician or family physician, or go to a public health clinic.

—Lynne Lamberg

continued

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The exciting Fisher-Price Talk-To-Me Player with Talk-To-Me Books. They're new, they're fun and they can tell a favorite story over and over again.

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continued

BH&G FAMILY IMMUNIZATION GUIDE

Age	Type of vaccine	Remarks	Name Birth date Date immunized*** or disease contracted	Name Birth date Date immunized*** or disease contracted	Name Birth date Date immunized*** or disease contracted
2 months	DTP* #1 Polio (trivalent oral) #1	Polio vaccine is not given to persons with immune deficiency disease or those living with them, or to persons with leukemia or cancer or receiving radiation or other specific drug therapy.			
4 months	DTP #2, Polio #2				
6 months	DTP #3				
12 months	(Tuberculin test)	For diagnosis (not a vaccine); included here as a reminder			
15 months (or older)	Measles Mumps Rubella (German measles)	May be given as measles-rubella or measles-mumps-rubella combined vaccines. Important recent change: Children vaccinated for measles before 12 months of age should be revaccinated.			
18 months	DTP booster Polio booster				
4-6 years	DTP booster Polio booster	Recommended before the child enters school.			
14-16 years, then every 10 years	Td** (adult)	Also recommended for contaminated wounds occurring more than five years since last shot.			
CATCH-UP SCHEDULE, FOR PERSONS NOT IMMUNIZED ON ABOVE SCHEDULE					
First visit	DTP, polio (Tuberculin test)	Pertussis omitted after 7th birthday (see article).			
1 month after first visit	Measles Mumps Rubella	Not given to pregnant women, persons with severe febrile illness, leukemia, or cancer, or to persons receiving radiation or other specific drug therapy. Women of childbearing age vaccinated for rubella should take precautions against pregnancy for 3 months afterward. Mumps vaccine is especially recommended for men who have not had mumps.			
2 months after first visit	DTP, polio	Pertussis omitted after 7th birthday.			
4 months after first visit	DTP	Not needed by persons aged 6 and older.			
10-16 months after first visit	DTP, polio	Pertussis omitted after 7th birthday.			
14-16 years, then every 10 years	Td (adult)	See Td remarks above.			
	Smallpox	Only for travelers to countries where required for entry or for laboratory workers who may be exposed to this virus.			
Annually	Influenza	Principally for persons with chronic debilitating conditions and for persons over age 65; not recommended for persons allergic to egg protein.			
Every 3 years	Pneumococcal pneumonia	Only for selected persons over age two with certain chronic conditions.			
	Other	(Record any other immunizations for future reference.)			

*Diphtheria-Tetanus-Pertussis (whooping cough) **Tetanus-diphtheria (adult)
***Some authorities suggest recording the physician's name, the lot and batch number of vaccine, and the manufacturer's name as a reference, should side effects develop or other questions arise.

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INTRODUCING A WHOLE NEW FEELING OF DRYNESS.

Sure has always gone
n dry and really helped keep
ou dry. But new, improved
ure goes on even drier than
efore. Over 40% drier. And
ew Sure keeps you so dry,
ou can take off your coat
ith confidence.

So try a whole new
eeling of dryness with new,
mproved Sure.



Old Sure always went on dry.
New Sure goes on over 40% drier.

NEW, IMPROVED SURE SPRAY.





Delicate Smooth
The Cosmetic Shave

Smooth look. Smooth feel.
The Cosmetic Shave.
Only from Personal Touch™
by Schick.
The razor that looks cosmetic.
And shaves cosmetically close.
Designed for women only.
Special rounded shaving
head. Curved handle.
Twin blades for the
beautifully smooth,
safe Cosmetic Shave.
Matching refills, too.
Smooth is
The Cosmetic Shave.



Healthful reading

Could you use some advice on how to stay well and be a smart health-care consumer? You'll find it in this sampling of booklets, all available by mail.

Fitness. Have your six- to nine-year-old child try the "rabbit run." Here's how: The child puts hands together on the ground; bends knees and keeps feet close to hands; moves both hands forward; then quickly brings feet up to hands with a small jump. Have the child start slowly and then speed up.

This exercise and others come from *Fit for Fun,* a booklet about exercise, sports, and other forms of active recreation for children. To obtain a copy, send $1.50 to the American Medical Association, Order Dept. OP 249, P.O. Box 821, Monroe, Wisconsin 53566.

Nutrition. How can you tell which margarines are most effective in lowering blood cholesterol? Look for a nutrition label that indicates the margarine contains at least twice as much polyunsaturated fat as saturated fat.

That's an example of the useful advice to be found in *Eaters' Almanacs,* published twice monthly as part of the Foods for Health program of the National Heart, Lung, and Blood Institute in cooperation with Giant Food, Inc., an eastern supermarket chain. For free copies of the leaflets, which discuss nutrition and heart research, write: Giant Food Consumer Affairs Dept., Box 1804, Washington, D.C. 20013.

Medicines. Forty states and the District of Columbia have drug substitution laws that allow—and in some cases require—a pharmacist to substitute a chemically equal but cheaper drug for the one the doctor prescribes. Even in the other states, you can ask your doctor to help hold down drug costs by specifying whenever possible the chemical (generic) drug name.

For more information on prescriptions, drug costs, food and drug interactions, and what to ask the doctor, write for *Prescription Drugs: The Rise of Generic Brands.* Send $1 to Consumer Survival Kit, P.O. Box 1979, Owings Mills, Maryland 21117.

Eye care. A thorough eye examination includes history taking and inspection of the exterior and interior of the eye for both eye and systemic disease. The examiner also should test for visual acuity, eye coordination and muscle control, focusing ability, and other visual skills. Such examinations can be performed by ophthalmologists (medical doctors who diagnose and treat all eye problems) and optometrists (vision specialists who are trained to detect eye problems, prescribe corrective measures such as glasses and other vision aids, but not to perform surgery or—in most states—to prescribe drugs).

For more information on eye exams, send 35 cents and a stamped, self-addressed, number ten envelope for *The Ideal Workup in the Ophthalmologist's Office* to Publications Department—BH, National Society to Prevent Blindness, 79 Madison Avenue, New York, New York 10016. Also request a free booklet, *The Family Guide To Vision Care* from the American Optometric Association, P.O. Box 24643, St. Louis, Missouri 63141.

STANLEY NTRODUCES FURNITURE FOR MRS. MEG HEALEY.

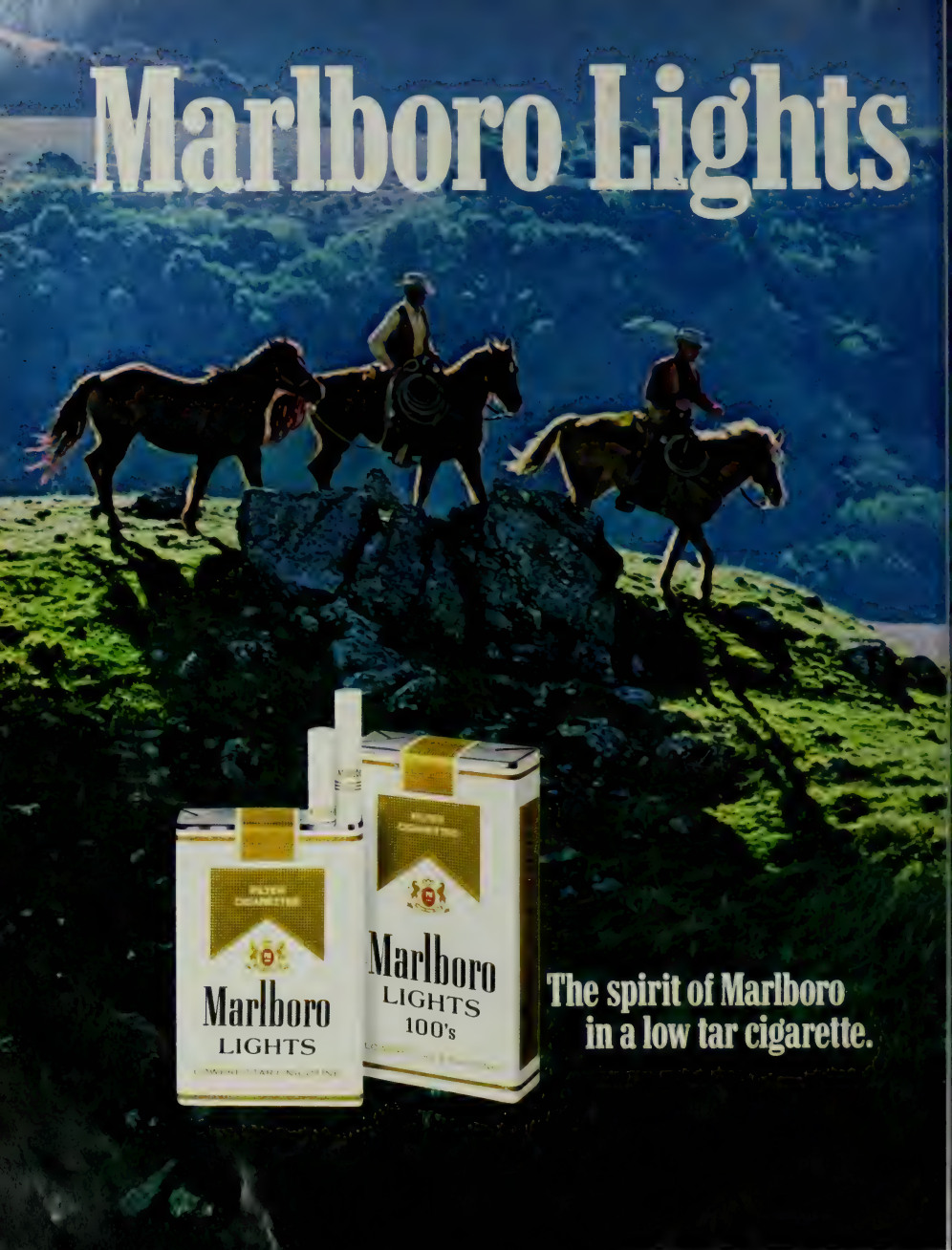


You'd think Stanley had read my mind. I mean, their Simplicity collection is like a dream come true. It starts with a mix-and-match wall system that gives me all the storage I've ever wanted. And you never have to fasten it to the wall... hidden levelers and clamps keep it straight and steady. Along with these modules go marching tables and chairs, dressers, and chests for lovely dining, living, and bedrooms. But best of all, Simplicity's real! All wood, with gorgeous elm veneers, and so reasonably priced. It's the kind of furniture I've always talked about. And Stanley heard me!

esser sells for under $500. For a
ure on Simplicity, send 50¢ to: Stanley
ure, Dept. A19, Stanleytown, Va. 24168

Stanley Furniture
a Mead Company

Marlboro Lights



The spirit of Marlboro in a low tar cigarette.

Kings: 12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report May '78
100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determine That Cigarette Smoking Is Dangerous to Your Healt

Meals on skewers

These hot and hearty kabobs are easy to prepare all year round because they cook under the broiler. Serve them as is or over a bed of rice. Add a crisp tossed salad and a favorite dessert to round out the meal.

Photograph: Dieter



Buying information, page 170

BRUSSELS SPROUTS-HAM KABOBS

- **3 medium carrots, cut in 1-inch chunks**
- **1 9-ounce package frozen brussels sprouts**

• • •

- **½ cup cooking oil**
- **¼ cup red wine vinegar**
- **1 envelope Italian salad dressing mix**
- **1 pound fully cooked ham, cut in 1-inch cubes**

In a saucepan cook carrots, covered, in boiling salted water 12 to 15 minutes; drain. Cook brussels sprouts, covered, in boiling salted water 5 to 7 minutes; drain. In bowl mix oil, vinegar, and dash *pepper.* Stir in *dry* dressing mix. Stir in carrots, brussels sprouts, and ham cubes. Cover; refrigerate several hours, stirring often.

Preheat broiler. Drain meat and vegetables, reserving marinade. Thread meat and vegetables alternately on skewers. Broil 4 to 5 inches from heat 5 minutes; brush with reserved marinade. Turn kabobs; brush with more marinade. Broil 5 minutes. Brush with marinade before serving. Serves 4.

CHICKEN-BEEF KABOBS

- **1 cup plain yogurt**
- **¼ cup chopped onion**
- **¼ cup milk**
- **1 clove garlic, minced**
- **1 teaspoon ground coriander**
- **½ teaspoon ground cumin**
- **½ pound boneless beef, cut in 1-inch cubes**
- **1 large chicken breast, skinned, split, boned, and cut in 1-inch pieces**
- **4 small onions**
- **2 medium zucchini, cut in 1-inch slices**

In bowl mix yogurt, onion, milk, garlic, coriander, ½ teaspoon *salt,* and cumin. Stir in beef and chicken pieces. Cover; refrigerate several hours, stirring occasionally. Cook onions in boiling salted water 5 minutes; drain. Preheat broiler. Drain meat, reserving marinade. Thread beef, zucchini, and chicken alternately on skewers. Broil 4 to 5 inches from heat for 8 minutes. Brush with reserved marinade. Turn kabobs; brush again with marinade. Broil 8 minutes more. Brush with marinade and place an onion on each skewer. Turn and broil 6 minutes more. Brush with marinade before serving. Makes 4 servings.



Swiss Miss dairy case puddings are the freshest puddings he can take to school. They're made from fresh skim milk, so they're in your grocer's dairy case. And Swiss Miss Puddings are specially sealed to keep that dairy case freshness all day, even overnight, without refrigeration. Of course, for longer periods, or if opened, they should be refrigerated.

Send 'em to school with Swiss Miss dairy case pudding.

© 1978 Sanna Division, Beatrice Foods Co.



Flowered stick-ons add texture and slip-resistance to an otherwise slippery tub.

Which slip-resistant bathtub

Last year 67,000 people were injured in bathtub accidents. So while a flowered bathtub might look a little silly, it would certainly be safer than a plain shiny tub.

But why bother going to that extreme when you don't have to. Consider the Owens-Corning bathtub—the world's first unshiny bathtub.

It's more slip-resistant.

The Owens-Corning bathtub isn't as slick as a shiny tub. Instead it has a softly textured finish. Not just on the bottom, but all over.

Stepping in is safer. Showering is safer. And when sitting in the tub, you're much less apt to slide around.

In short, the Owens-Corning bathtub is a safer place to take a bath than your ordinary shiny tub.

It's chip-resistant.

Instead of a thin layer of delicate enamel, the finish of the Owens-



A textured surface gives this Owens-Corning tub built-in slip-resistance.

would you rather live with?

rning tub goes all the way
ough the fixture. There's no thin
neer to chip or peel.

It won't wobble.

e Owens-Corning tub has struc-
al ribs molded into the under-
e for extra support. They provide
ength, rigidity and impact-
resistance that's more like the struc-
ture of a battleship than a bathtub.

Nine colors.

Choose from nine popular bathroom colors. And keep them bright with most any nonabrasive cleaner.

Your builder or plumbing contractor will show you how beautiful (and how much safer) an unshiny bathtub can be. Or write K.I. Meeks, Owens-Corning Fiberglas Corp., Fiberglas Tower, Toledo, Ohio 43659.

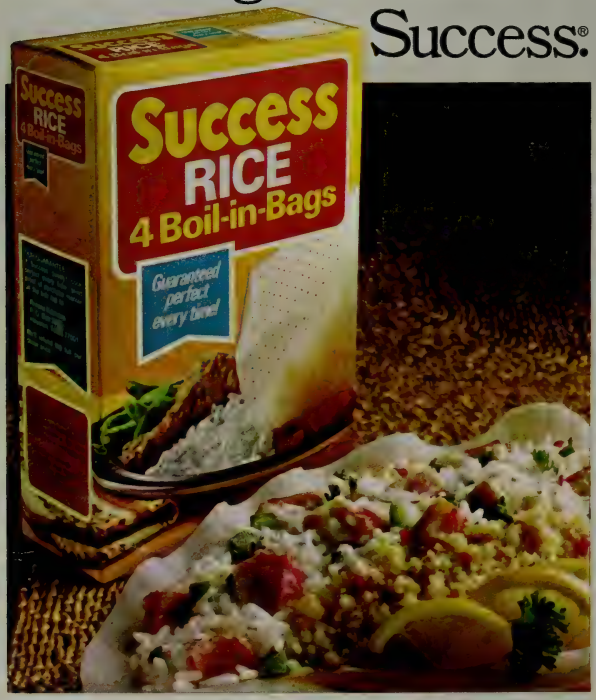
Good Housekeeping GUARANTEES

OWENS/CORNING FIBERGLAS

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DINNERTIME SUCCESS STORIES.

Getting hooked on Success®



Success can be habit-forming. Success Rice, that is. A self-draining boil-in bag makes perfect rice easy. In just fifteen minutes you get the lightest, fluffiest rice you've ever tasted. And when you're busy, Success



will wait in the hot water up to thirty minutes more without overcooking. Success waits for you. And be careful; perfect rice can get you hooked on everything from seafood to side dishes.

Success® waits for you.

Stairway galleries

Maybe your stairway isn't as magnificent as either of these, but you can learn something from them just the same. Each demonstrates an effective way to display art in a high-traffic area.



Photograph: Frank Lotz Miller. Source: Bonnie Crone

A carefully culled grouping of art decorates the area beneath this banister. Rectangular frames of various shapes and sizes fit neatly into the angles created by the molding. The built-on bench below serves to visually anchor the arrangement.



Photograph: Bill Hedrich. Source: Liz Noah

When the foyer, landing, and handrails of an open stairway are particularly beautiful, it's best to downplay all other furnishings. Here, a widely spaced arrangement adds interest to the stairway without obscuring its graceful lines.

Enter the CARRIER ENERGY SAVER SWEEPSTAKES

Simply guess how much money will be saved in one year by converting this home to a Carrier Energy Saver Home.

Be eligible to win a Carrier Energy Saver Package for your home, and a Bahamas vacation!



Here's the Story

Our computer-simulated contest home is a ten-year-old 3,000 sq. ft. two-story home in Kansas City, Mo. It has storm windows, weather stripping, and has been fully insulated. Total calculated cost to heat and cool this home last year was $637.

How much can be saved on heating and cooling costs this year by replacing the old heating and cooling system with a new Carrier Energy Saver Package?

Check your answer on the entry blank, complete and mail.

Helpful Hints

The Carrier Energy Saver Package includes a Super-Efficient Gas Furnace with Electric Spark Ignition and Chimney-Lock Flue Damper, a Round One High-Efficiency Central Air Conditioning System, and a Programmed Night Setback Thermostat. Assume temperature conditions and cost of fuel are identical for both years.

Everybody's a Winner*

Because right now, a participating Carrier Dealer will give you a free Swiss army knife or stainless steel scissors when you receive a free Carrier Energy Saver Analysis for your home. Is your home energy-efficient? Or is an inefficient heating and cooling system costing you too much every year? To find out, just phone your participating Carrier dealer. No purchase necessary. Look for his ads in your local newspaper. Or for his name and number, phone toll free and ask for Carrier.

*Single-family home owners only.

800-528-6050

In Arizona, call
800-352-0458.
Ask for Carrier.



OFFICIAL RULES
NO PURCHASE NECESSARY

Here's how to enter:

1. On the Official Entry Blank or a 3"x5" facsimile thereof, hand-print your name and home address. Check the box indicating the amount of money you believe will be saved by adding a Carrier Energy Saver Package to the home given in the example, and mail your entry in a hand-addressed envelope with First Class postage affixed to:
Carrier Energy Saver Sweepstakes, P.O. Box 9258, Blair, Nebraska 68009.

2. Enter as often as you wish, but each entry must be mailed separately and received by December 14, 1979.

3. Winners will be determined in random drawings from among all correct entries received by the D.L. Blair Corporation, an independent judging organization whose decisions are final. Sweepstakes open to residents of the contiguous 48 United States except employees of Carrier, its affiliates, distributors, subsidiaries, dealers, advertising and promotion agencies, and families of each. Sweepstakes void wherever prohibited by law. Taxes on all prizes are the sole responsibility of the prize winners. Winners will be notified by mail. One prize to a family. All prizes will be awarded. All Federal, State and local laws and regulations apply.

4. Winners of major prizes will be obligated to sign and return an Affidavit of Eligibility within 60 days of notification. In the event of non-compliance within this time period, alternate winners will be selected. Any prize returned to the sponsor or to the D.L. Blair Corporation as undeliverable will be awarded to alternative winners.
Normal costs of installation of prizes will be paid by Carrier Air Conditioning.

5. For a list of winners, send a separate, stamped, self-addressed envelope to:
Carrier Energy Saver Winners List, P.O. Box 6288, Blair, Nebraska 68009.
Do not send this request with your entry.

GRAND PRIZE Win the complete Carrier Energy Saver Package for your home, as described above. And...an all-expense-paid week for two in the fabulous Bahamas!



SECOND PRIZE
Deluxe Carrier Year-round One Heat Pump Air Conditioner that heats your home in winter and cools in summer, all in one energy-efficient unit.



5 Third Prizes
Deluxe Carrier Super-Efficient Gas Furnace with Electronic Ignition and Chimney-Lock, or the equivalent Oil Furnace.

15 Fourth Prizes
Electronic Air Cleaner to remove airborne dust, dirt and impurities from the air your family breathes.

20 Fifth Prizes
Central Humidifier to maintain the moisture level for your family's comfort.

Number One Air Conditioning Maker

Carrier®

Division of Carrier Corporation

Carrier Energy Saver Sweepstakes Entry Blank

My guess for total savings this year is:

$100 ☐

$175 ☐

$260 ☐

$325 ☐

Name_____

Address_____

City_____State_____Zip_____

Sweepstakes closes Dec. 14, 1979. Mail entry to:
Carrier Energy Saver Sweepstakes, P.O. Box 9258, Blair, Neb. 68009.

Pretty Easy Parties

Even if your weekend schedule is almost as crowded as your workaday one, you can still put together a cool late-summer luncheon. It's a cinch if you rely on a big antipasto, lots of bread, fresh strawberries, and iced sangria. A few simple serving tricks help keep your table beautifully organized. Stash flower-bedecked dishes in a wooden plate rack, use a basket for the cups and saucers, and let a strawberry jar display both flowers and crudités. For added cachet, throw in a few antique serving pieces.

China: "Garden Party" Lenox; glass: "Paula" iittala usa; sterling: "Melrose" Gorham and "Vision" International.





After a Sunday of tennis and biking, why not top off the day with a gracious candlelit supper? Your get-ready worries are nil if you plan on a cold meal and set up everything before you leave home. This luxurious table is covered with a satin sheet, and napkins have been made into carrying bags. The hurricane shade and bobbin candlesticks are hand-painted with flowers that echo those on the dishes.

Buying information, page 170

China with red band: "Athlone Red" Wedgwood; earthenware: "Avondale" Royal Worcester/Spode; glass: "Octette Plum" Gorham; sterling: serving pieces, "Francis I" Reed and Barton; flatware, "Smithsonian" Stieff; cupboard: Nichols & Stone

Photographer: Bradley Olman



Triu

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

3 mg. "tar," 0.4 mg. nicotine av. per cigarette by FTC Method.

©Lorillard U.S.A. 1979

Announcing good taste at only 3 mg. tar.

Read how new Flavor-Intensified™ Triumph gives you taste good enough to stay with at only 3 mg. tar...one of the lowest tar levels in cigarettes.

Triumph. The first and only cigarette that delivers good taste with only 3 mg. tar.

If you've ever been disappointed by one of the very low tar cigarettes, you will understand why Triumph is quite an achievement.

Even the draw is a surprise.

The smoke comes through abundantly. The taste reaches you smoothly. Effortlessly. With none of the struggle you may have experienced in other very low tar brands. You don't have to *pull* —you just *puff* on Triumph.

No gimmicks, no miracles.

No less remarkable than Triumph itself, is the technology that enabled us to build it.

The crux of it: Instead of searching for some yet unimagined answer, Lorillard scientists decided to take a more sensible tack.

Why not, they said, take everything we've learned about cigarettes, and push that technology further than we've ever pushed it before.

Delivering taste, limiting tar.

We found, for example, that combining two types of filter fiber produces the best combination of taste and draw.

That tiny "vents" in the filter-rim *smooth* the taste.

That lower-leaf tobaccos (shaded from the heat of the sun) tend to be milder and lower in tar than those at the top of the plant.

In short, everything we could find that might *intensify flavor* at 3 mg. tar, was built into Triumph.

Taste you won't get tired of.

What it all comes down to is this: Triumph is not one of those ultra low tars that spoil your pleasure by short-changing you on taste.

Triumph, at only 3 mg. tar, is a cigarette with a taste you can stay with. So good, we believe *you'll never want to go back to your old cigarette.*

mph.®

One of the lowest tar cigarettes you can smoke.
The one with taste enough to stay with.

COFFEE, TEA OR VIVARIN?

There are times when nothing beats sitting down and having a cup of hot coffee or tea. Particularly first thing in the morning. It tastes good and gives you a lift.

But if, as the day wears on, you sometimes find yourself having a cup of coffee or tea just for the lift, you should know about Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet. And a Vivarin tablet is more economical than two cups of coffee, and requires no preparation.

So when you want a lift, take Vivarin. It's convenient, inexpensive, easy to take, and it really works.



Read label for directions.

HEALTH

Dan Kaercher

What can be done about infertility?

An estimated 12 to 17 percent of married couples in this country are involuntarily childless. And many medical experts think the problem of infertility is increasing.

Dr. Albert Decker, executive director of the New York Fertility Research Foundation, attributes the apparent increase in infertility to the fact that more couples postpone starting a family till they're past the age of optimal fertility—the mid-twenties. Damage to reproductive organs from venereal disease and complications arising from abortion, birth control pills, and IUDs also contribute to infertility.

A sharp decline in the number of healthy infants available for adoption and greater success in treatment of infertility problems are prompting more and more couples to seek the aid of fertility specialists.

Today, more than half of the couples who are treated for infertility subsequently have children.

Infertility: Whose problem?

Infertility traditionally has been considered a "woman's problem." It is not. Infertility specialists emphasize that the inability to conceive is a problem of couples, not individuals.

The primary cause of infertility can be traced to the male in 30 percent of cases and to the female in another 30. Thirty percent of the remaining cases may be attributed to a combination of causes and ten percent to *unexplained* infertility—which means the cause cannot presently be diagnosed.

Another myth about infertility is that it is untreatable because its roots are psychological. Although a woman's reaction to emotional problems *may* cause her to stop ovulating—thus making conception impossible—such cases can be diagnosed and treated.

Causes of female infertility

Female infertility can be divided into two main categories—endocrine (hormonal) disorders and disease in the pelvic region.

• Endocrine disorders

Anovulation (absence of ovulation) may result from an ovarian defect or from a problem with the pituitary gland or the hypothalamus, which controls many basic body functions.

Irregular menstruation may be caused by mild imbalances in hormone production or regulation, ovarian cysts, or adrenal or thyroid disease.

Endometriosis causes tissues that normally line the uterus (the endometrium) to grow aberrantly on the Fallopian tubes, ovaries, or in the abdominal cavity. Endometriosis is most common in women over 30 who have never been pregnant and is thought to be increasing because more women are postponing childbearing.

Stein-Leventhal syndrome (polycystic ovaries) is a condition that results in ovaries that are several times normal size and are covered with cysts. One of the symptoms of the Stein-Leventhal syndrome is absent or erratic ovulation.

Sperm antibodies cause women to have an allergic reaction to sperm cells. If sperm antibodies are present in female genital secretions, sperm cells are destroyed before fertilization can occur.

• Pelvic infections

Pelvic inflammatory disease, or PID, is a leading cause of female infertility. If untreated, infections often damage the Fallopian tubes (the canals that carry the egg from the ovary to the uterus) or other parts of the female reproductive system. Even when treated, infections may result in adhesions and tubal occlusion.

Venereal disease commonly causes PID. Gonorrhea is especially dangerous because substantial injury can occur before there are symptoms.

A bacterial organism (the T strain

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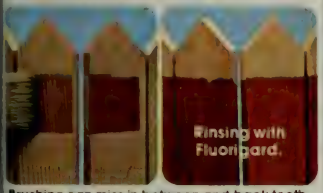
Her last bad checkup was not your fault.

Today, Fluorigard™ Dental Rinse puts cavity-fighting fluoride where the danger is.

She brushes. You make sure she brushes. But, chances are, her cavities happen in back teeth or in between where her brushing often misses.

Fluorigard is fluoride in liquid form. So it helps get cavity-fighting fluoride to back teeth, as well as front teeth; even floods those dangerous spaces between teeth.

You may have seen this demonstration on TV.



Brushing can miss in between and back teeth, but Fluorigard floods teeth with fluoride.

Say this picket fence is your teeth. Brushing the front is easy. But the danger is between teeth and in back teeth where 70% of all cavities happen.

Important dental evidence reveals:

70% of all cavities happen in back teeth and between teeth where brushing often misses.

Fluorigard, a liquid, can get in between and to back teeth where brushing often misses.

In clinical tests on thousands of children, dental rinses like Fluorigard, used once a day, were proven effective in reducing cavities.

And since Fluorigard is a rinse, children find it easy to use.

For better checkups, help your children brush better and give them fresh, minty Fluorigard.

Fluorigard Dental Rinse puts cavity-fighting fluoride where brushing often misses.



Use once a day as directed.

© 1978, Colgate-Palmolive Company

continued

Infertility

of mycoplasma) causes a symptomless form of infection in the male and female reproductive tracts. Some physicians believe the bacterial organism is a cause of infertility as well as miscarriage. The infection, which can be transmitted sexually, is cured by treating both partners with antibiotics.

Chronic cervical infection, thick or impassable cervical mucus, polyps that obstruct the cervical opening, or overly acidic cervical secretions may affect female fertility.

Treatment of female infertility

Treating infertility with drugs requires great care and skill by the physician. Not all infertile women can be helped by fertility drugs or other hormone therapy. The drugs work best to correct erratic or absent ovulation. There are laboratory tests to determine whether a particular patient will respond to fertility drugs.



Clomiphene citrate (commercially known as Clomid) is the mildest of fertility drugs. It induces ovulation in 70 percent of appropriately selected patients, two-thirds of whom eventually conceive. When Clomid is not effective, two other drugs, human chorionic gonadotropin (HCG) and human menopausal gonadotropin (HMG), may be administered. Treatment with HCG and HMG is time-consuming and expensive, costing from $500 to $800 a month, but it stimulates ovulation in 90 percent of patients, two-thirds of whom will conceive.

About 12 percent of women who take Clomid and 20 percent who take HCG and HMG have multiple births (usually twins, in spite of well-publicized reports of quadruplets and quintuplets). Even lower multiple birth rates are reported when the drugs are administered by infertility specialists.

Mild cases of endometriosis usually are treated with hormone therapy. Surgery is reserved for severe cases.

Other treatments for infertility include antibiotics to control infections, surgery to remove polyps, and douching with solutions designed to neutralize highly acidic vaginal secretions. For women with impassable cervical mucus, the physician may recommend artificial insemination above the cervix with her husband's sperm.

In women, elevated levels of sperm antibodies are lowered by isolating exposure to sperm cells for several months (by abstinence or the use of a condom). This results in pregnancy for from 20 to 50 percent of the women treated, although it may take as long as one year.

Mild cases of Stein-Leventhal syndrome are often treated with Clomid; difficult cases may require surgery.

Blocked Fallopian tubes may be reopened by a surgical procedure called tuboplasty. The success of the operation depends on the extent and location of the blockage. Although blocked tubes may, in many cases, be surgically corrected, the success rate for the procedure is not high—ranging between ten and 50 percent. In addition, the operation increases the chance of a pregnancy within a Fallopian tube (ectopic pregnancy).

The birth in England last year of the first "test-tube baby" provided new

continued

The Sealy Posturepedic morning. Feeling so good it shows.

We want you to wake up feeling this good every morning.

That's why we designed Sealy Posturepedic® in cooperation with leading orthopedic surgeons for no morning backache from sleeping on a too-soft mattress.

It's a unique back support system that comes in a wide range of personal comfort and firmness. Whichever you select, you'll get deep-down Posturepedic support.

So don't settle for just any firm mattress. Insist on the one and only Posturepedic. Made only by Sealy. And wake up feeling so good it shows.





Sealy

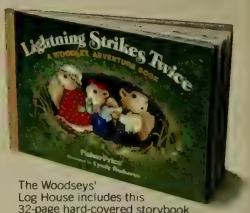
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The Log House isn't really a log, of course. It's made of soft, foam-filled fabric with a door that opens and a whole side that rolls down so you can see inside. There's furniture, and a broom and bucket to keep everything tidy.

The Woodseys work as finger puppets, too. They each have a squeaker inside, because as everyone knows, Woodseys often speak in squeaks.



The Woodseys' Log House includes this 32-page hard-covered storybook.

Fisher-Price believes that your children will have an enchanting time acting out their own lively stories in the wonderful world of the Woodseys.



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continued

Infertility

hope for women with irreparably damaged Fallopian tubes. The first clinic in the United States to perform such *in vitro* fertilization (conception outside the mother's body) is scheduled to open in January, 1980, at Eastern Virginia Medical School in Norfolk. To be considered for this procedure, a woman must have a fertile husband and meet certain medical requirements such as having a healthy uterus and ova.

Although *in vitro* fertilization represents a major advance, some theologians have serious reservations about the morality of the procedure, and it may not be acceptable to all couples.

Causes of male infertility

Sperm abnormalities cause most male infertility problems. Sperm cells may be deficient in their structure (morphology), quality of movement (motility), and number (sperm count). In most instances, the cause of low sperm count is unknown. However, inadequate stimulation of hormones, blocked sperm ducts, inadequate blood circulation in and around the testes, prostate infection, certain drugs, and sustained exposure to high heat can also cause male infertility.

Here are the most common causes of male infertility:

Varicoceles are varicose veins in the scrotum. Doctors are unsure exactly how a varicocele contributes to infertility, but it's thought that it can cause inadequate blood circulation in the testes and result in a low sperm count as well as diminished sperm motility.

Adult mumps causes testicular damage in 25 percent of adult men who contract the disease. Damage often occurs only in one testicle; if both testes are involved, sterility will result.

Infection such as tuberculosis and untreated venereal disease may cause obstructions in the male reproductive tract. Prostate and other infections in the male reproductive tract may also produce a reduced sperm count.

Hormone production—or lack of it—by the endocrine, pituitary, thyroid, or adrenal glands is known to be a cause of male infertility.

Sperm antibodies can cause infertility in men as well as in women. Infection, injury, and vasectomy in some cases result in the production of sperm antibodies. The relationship between various levels of antibodies and infertility is unclear (except of course when a man has had a vasectomy).

Treatment of male infertility

Unfortunately, less is known about the causes of and treatments for male infertility than is known about female infertility problems.

Consequently, treatment of male infertility with drugs is only in the experimental stages and is focused on improving an existing, but reduced, sperm count. If there are no sperm present, there is no effective drug treatment. Certain hormones can be used to treat male infertility that is caused by an endocrine disorder.

If an obstruction of the sperm ducts is the cause of infertility, microsurgical techniques are sometimes used to remove the blockage and improve fertility. If infertility is caused by a varicocele, surgery is performed to remove the varicose veins. Fertility is restored in more than half of such cases. Even infertility caused by a vasectomy can sometimes be corrected by surgery. New techniques have been developed to reconnect the severed sperm ducts (*vas deferens*). It is now possible to reconnect the ducts in about 60 percent of men who have had a vasectomy, and fertility is restored in about half of those cases.

The infertility work-up

Most specialists believe that couples should not seek help for infertility before they have tried unsuccessfully for a year to have a baby. But couples should *not* be turned away before a year's time if the woman is over 30, or there is a known or suspected reason for infertility.

The preliminary exam will focus on the woman's menstrual pattern, history of pregnancy (if any), and whether she has had a pelvic inflammatory disease or pelvic surgery. The man will be questioned about childhood diseases, alcohol consumption, and exposure to radiation, chemicals, and certain drugs. Five tests are most commonly used to diagnose the causes of infertility in most patients. If the results are inconclusive, two other specialized

continued

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continued

Infertility

exams (endometrial biopsy and diagnostic laparoscopy) may be ordered.

1. *Semen analysis* (also called sperm count) measures the number of sperm present in the ejaculate, the percentage of mature and active cells, and the quality of sperm movement.

2. *Basal body temperature* recordings give a woman an accurate idea of when she is ovulating, so that intercourse can best be timed to achieve conception.

3. *Blood tests* may be ordered to determine the levels of estrogen, progesterone, and gonadotropins—hormones that stimulate ovaries and testes. Abnormal findings may signal an endocrine disorder.

4. *Tubal patency tests* are performed just before ovulation to determine whether the Fallopian tubes are open.

Tubal insufflation, or the Rubin test, involves introducing carbon dioxide into the uterus under carefully monitored pressure. If the tubes are open, gas will flow from the uterus, out the tubes, and into the abdominal cavity.

A uterotubogram, considered to be a more accurate test for tubal patency, is an X-ray study that requires dye to be injected into the uterus. The results reveal not only if both tubes are patent (open), but also the contour of the uterine cavity.

5. *Postcoital tests* are used to determine the number and movement of sperm in the cervical canal. The couple is asked to have intercourse a few hours before the examination.

6. *Endometrial biopsies* measure the quality of the endometrial tissue lining the uterus to determine hormonal effects. A certain hormone structure must be met before the fertilized egg can be received and nurtured during pregnancy.

7. *Diagnostic laparoscopy* allows a physician to look directly at the woman's reproductive organs via lighted optical viewing devices. A small incision is made near the navel and the laparoscope inserted. This procedure can sometimes uncover undiagnosed endometriosis and small tubal obstructions that were missed in tests for tubal patency.

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BETTER HEALTH & GROOMING

by Betty Grayson

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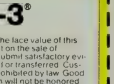


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If these tests reveal no irregularities but infertility persists, a test for sperm antibodies may be ordered.

The cost of treating infertility varies dramatically as a result of the different problems involved, the severity of the disorder, and the length and type of treatment. Some insurance plans cover infertility, while others do not.

The alternatives

Three options remain open to couples who cannot have children: artificial insemination by a donor other than the father, adoption, or a childless marriage. The decision is a difficult one.

If the man is infertile and the woman is fertile, artificial insemination by donor (AID) may be considered. But it is not acceptable for many couples because the concept of AID is surrounded by serious moral, religious, and legal considerations. Even so, it is estimated that as many as 20,000 babies are born in the U.S. each year as a result of this technique.

Adoption makes it possible for infertile couples to become parents. One woman with a severe infertility problem said, "I got to the point where it was more important for me to be a mother than it was for me to carry my own child."

Where to find help

An organization called RESOLVE, with headquarters at P.O. Box 474, Belmont, Massachusetts 02178, provides support, counseling, and referral for infertile couples. If you write RESOLVE, include a self-addressed and stamped business-size return envelope. Enclose $1 for RESOLVE's *Directory of Infertility Resources.*

The American Fertility Foundation, will refer you to a local fertility specialist if you write: American Fertility Foundation, 1608 13th Avenue South, Birmingham, Alabama 35205. Enclose a self-addressed, stamped envelope.

Write to the New York Fertility Research Foundation, 123 East 89th Street, New York, New York 10028 for a copy of the booklet *Pathways to Parenthood.* (Enclose $1.50.)

Other sources of help are Planned Parenthood, university medical centers, and your obstetrician, urologist, or family doctor.

—Susan Gertman

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Light 'N Easy from General Electric is more compact than conventional irons and it weighs a lot less so it's easier to handle. It can handle big jobs and it's also handy for touch-up ironing. The Light 'N Easy Irons even have big iron features like push-button spray or Surge of Steam.
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Photograph: Bob Hawks. Design: Tom K. Galley
Location: Kansas City Designers' Showhouse
Source: Jean Kygar Eblen

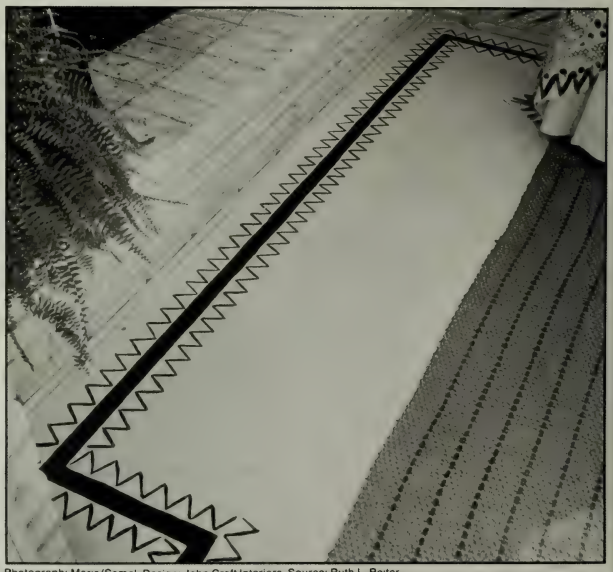
▲ Decorative stenciled floors date back to the colonial period, but there's nothing old-fashioned about this contemporary application of that decorative art form. The stairstepping design is a stylized version of the patterned wallpaper motif above the dado. Below, the wall is covered in a rich, suede-like fabric. All of the woodwork in the hallway is painted white to further highlight the architecture. Stencils are available at art stores, or you can make one.

DECORATING

FOCAL POINT FLOORS

With a bright idea and some paint to match, you can turn an ordinary floor or stairway into a work of art. Here are two inspirational examples.

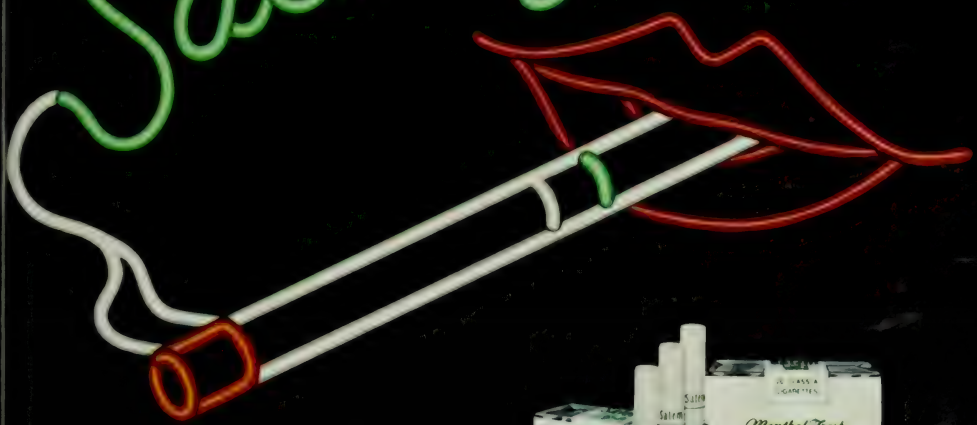
▶ To match the floor of the adjacent kitchen, the floor of this former carport-turned-family room was refurbished with several coats of bright white deck paint. Then, an eye-catching "fringe" was painted around the perimeter of the room. The dark brown floor border picks up and repeats part of the hand-painted design on the fabric used to cover pillows and to skirt the round table. For durability, the entire floor is covered with polyurethane. A rug made of cocoa matting defines the room's seating area.



Photograph: Maris/Semel. Design: John Craft Interiors. Source: Ruth L. Reiter

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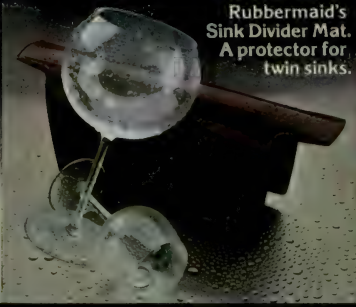
10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC R[illegible] '78.

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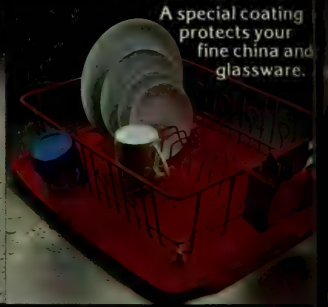
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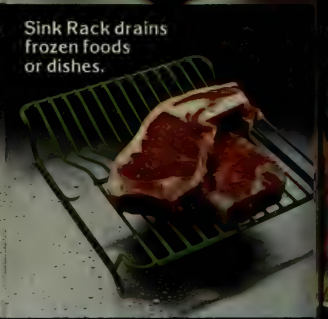
Tough, sturdy Dishpan will last for years.



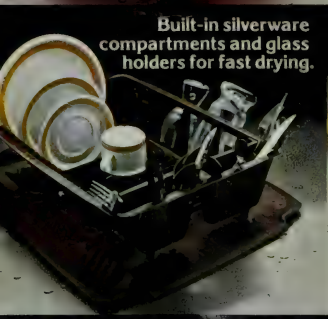
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Tuna-rice Pie

1 cup Uncle Ben's® Converted® Brand Rice
1 egg, well beaten
1 can (11 ounces) condensed Cheddar cheese soup
2 teaspoons Lea & Perrins Worcestershire Sauce
1 can (17 ounces) Green Giant Brand Sweet Peas, drained
1 can (6½ or 7 ounces) tuna* drained and broken into chunks
1 jar (2½ ounces) Green Giant Brand Sliced Mushrooms, drained
2 tablespoons chopped pimiento (optional)

Cook rice according to package directions; cool. Stir in beaten egg. Spoon rice into buttered 1½-quart-baking dish. Press evenly on bottom and up sides to form a ½-inch wide rim. Combine soup and Worcestershire sauce in large saucepan. Bring to a boil, stirring constantly. Remove from heat and stir in remaining ingredients. Pour into rice shell. Cover and bake at 375° F for 20 minutes or until heated through.

Makes 4 to 6 servings

*1 can (5 or 6½ ounces) boned chicken or 1 cup diced cooked chicken may be substituted.

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Better Homes and Gardens R-2

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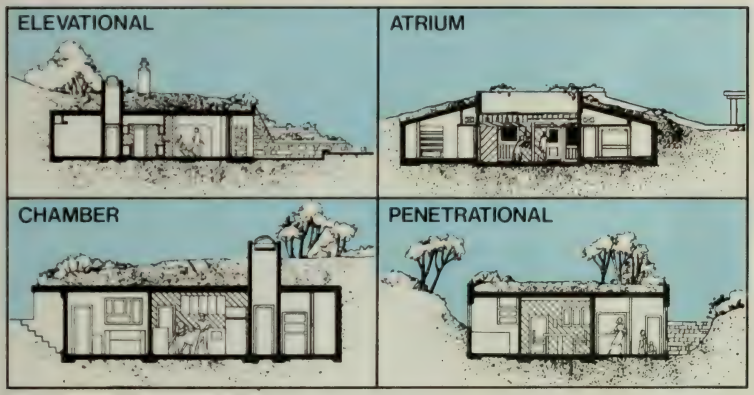
To get free World Mug, send inner seals equal to the purchase of 12-ounces of Nescafé,® Regular or Decaffeinated along with attached order form.

Better Homes and Gardens R4

UNDERGROUND Housing IS COMING ON STRONG

By David Haupert

Record-cold winters . . . hellish utility bills . . . and the worst is yet to come. Doesn't it make you want to dig a hole and crawl in? That's exactly what some families are doing. But their retreats are a far cry from foxholes, as you'll see on the next eight pages. Bright, cheery earth homes are beginning to peek out at the world from their snug burrows—oblivious to the ravages of wind and temperature. Here's a closer look down under.



The first thing to do is to bury the word *"underground."* You'll rarely see a house that's fully underground. There are several better terms: *earth contact, earth-covered, earth-integrated, earth-sheltered,* even *hill housing.* We like *earth-sheltered* because it emphasizes the protective role of the earth, regardless of where it's placed or how much is used.

Shapes

As you can imagine, an earth-sheltered house can be linked with the earth a myriad of ways. But designers seem to group the orientations into the four styles illustrated above: *chamber* (walls are windowless), *atrium* (walls open onto subgrade courtyard), *elevational* (one wall is exposed), and *penetrational* (portions of two or more walls are exposed). You'll see variations of these, depending on the site. For example, some houses might be cut into the side of a hill, others dug out of a flat lot, then bermed or covered. But the same general styles still apply. Chamber-type houses are very rare; on the other hand, you'll see a lot of elevational models. Atrium and penetrational styles fall somewhere between the two extremes.

Building costs

Earth-sheltered houses not only are competitive with the suburban tract homes going up in your neighborhood but *could* cost less. However, some earth homes require more excavation and larger structural members than usual. And others may be priced high because an inexperienced builder wants to protect himself against unexpected costs. In both cases, an earth-sheltered house can cost from ten to 20 percent more than its conventional counterparts. Much, therefore, depends on your site, the design you choose, and your builder. Remember, though, that some of the costliest houses save the most money in the long run.

Utility costs

This is the favorite subject of families who

continued on page 180.

UNDERGROUND
Housing
IS COMING ON STRONG

BUILT AROUND AN ATRIUM

You descend a sheltered passage into a beautiful sunken atrium, complete with its own lily pond, and feel as if you've entered another world. It's quieter down here, and even before you step inside the living space, you know that atrium living could be catching.

John and Camilla Bordie can give you inside information on this way of life. They and their two teen-agers "went underground" three years ago, and John says they still find this kind of living very exciting.

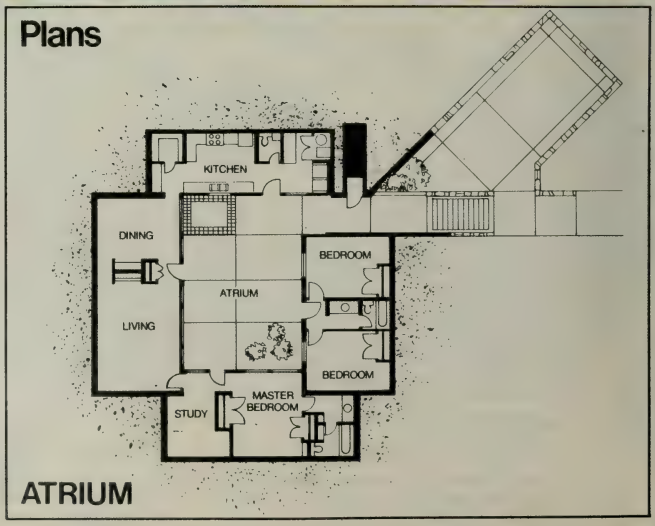
The floor plan shows how all living space feeds off of the atrium. The younger Bordies wanted a private bedroom/bath suite, so their quarters are accessible only from the atrium. This layout works great for the climate just north of Austin, Texas, but families in the wintry north would definitely want a bit more protection from the elements. (Coffee and Crier, the Austin architects who designed the Bordie home, have devised a variation for cold climates. The major addition is an atrium cover which, during the winter, creates a solar greenhouse that passively heats the living areas. In the summer, the cover can be opened for cross ventilation.)

To get a feel of how the Bordie house is nestled into the ground, look at the cross-section sketch of the atrium shape on page 97. After the site was excavated, the contractor poured the concrete foundation and walls, then added steel beams on top of the walls lining the atrium. Next came the roof—precast, prestressed concrete panels, angled to facilitate drainage. Then the parapet retaining walls were built. The contractor finished off the roof with waterproofing, two inches of urethane foam insulation, and 18 inches of earth. The roof cover—plus berming against the outside walls—reduces the home's heating needs to one-half those of an aboveground structure the same size.

A vital part of this 2,000-square-foot house is the solar system that heats the domestic hot water and the house itself.



Photographs: Hedrich-Blessing. Architects: Coffee and Crier, AIA. Source: Barbara Sims/Linda Magazine





Underground Housing

Below: There's nothing dark or dreary about this kitchen! To the right of the planning desk is a 5x6 pantry. And through the door to the left is the dining area. **Bottom:** A 15-foot-wide room—11 feet long on this side of the divider, 19 feet long on the far side—is zoned for dining and living areas, respectively. Hidden in the drop ceiling are ductwork and indirect lighting. **Right:** Thanks to the atrium, the living room is much brighter than the one in the Bordies' former aboveground house. The ceilings throughout are simply the undersides of the concrete roof panels, painted white.









UNDERGROUND
Housing
IS COMING ON STRONG

ELEVATED FOR A VIEW

Anyone digging into the ancestry of this house is bound to uncover a long line of Indian cliff dwellings and frontier sod huts. And those are *good* roots, as Jim and Naomi White can tell you. They've lived here almost a year and have discovered it takes almost 70 percent *less* energy to heat and cool their sod-covered "pueblo" than the orthodox house they used to live in.

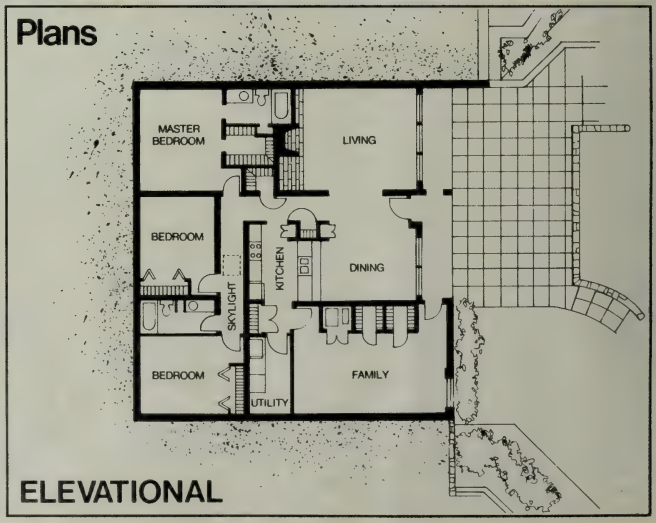
Though an elevational profile like this one (see the cross section of it on page 97) is the ideal shape to tuck into the side of a hill, it can be just as much at home on the standard flat lot. In the latter case, you simply pour or erect the concrete shell, waterproof it, and then cover all but one side with dirt. The vital statistics on the Whites' 2,000-square-foot home are eight inches of wall, ten inches of roof, and four feet of dirt on the roof.

Though the heating/cooling needs of the atrium house shown earlier are near rock bottom, the Whites' design is even more efficient because it has less wall exposure and more earth cover. The glass wall faces south and derives maximum benefit from the sun in the winter and the prevailing southeast breezes in the summer. As a result, the conventional heating system—a heat pump—rarely runs. When outside conditions are right, fresh air can be pulled through the duct system—or open windows—and exhausted through the penthouse stack that rises out of the rear wing of the house. (Also packed into the stack are all of the vents and ducting for the laundry, kitchen, and bathroom, plus a skylight that illuminates the back hallway.)

Anyone approaching the home from the side or rear sees nothing but a graceful mound with a couple of shoots rising out of it. That's a pleasant, peaceful sight—one you'd probably like to see every time you glance out of your own windows. Some day—soon, we hope—we'll be showing you an entire "hill village"—one with gently rolling curves, large expanses of lush greenbelts, and freshly mown roofs.



Photographs: Hedrich-Blessing. Architects: Coffee and Crier, AIA
Interior Designer: Mozelle Marks, Brown Furniture Source: Barbara Sims/Linda Magazine





Underground Housing

Below: As you sit in the living room and gaze out through the floor-to-ceiling windows, you have absolutely no sensation of being inside a mound of soil. Nine-foot ceilings throughout the house contribute to the impression of spaciousness and prevent a "cooped up" feeling. **Bottom:** Though all three bedrooms along the back of the house are windowless, they're bright and comfortable. A bank of ductwork spanning the back wall pulls fresh air from the front of the house through the bedrooms. **Right:** A wide archway between the dining and living rooms keeps the front of the house open and airy.









Exotic Alliums

By Steven Coulter

The allium family is a large one, with both edible and ornamental members. Those you may have grown in your herb or vegetable garden include onions, shallots, leeks, chives, and garlic. Now we'd like to acquaint you with some of their more colorful cousins who can add exotic late-spring bloom to any or all of your flower borders and perennial beds.

Most alliums are purple but there are also pink, blue, yellow, and white varieties. Some blossom at eight inches, while others reach a towering four feet. The often globe-shaped flower clusters range from three to 12 inches wide. This wide diversity will allow you to choose the perfect allium for almost any gardening situation.

continued on page 168.



Allium moly spreads freely to form large clumps.



Allium karataviense has [illegible] leaves.



Allium christophii has a metallic sheen.

Photographs: Bill Helms Gardens. Martin Viette Nursery. Source: Bonnie Maharam. Handlettering: Tim Girvin



Allium giganteum lives up to its name.

How to stretch your

STORAGE SPACE

By Laurel Lund



If your home has truly reached the overstuffed stage, here's relief: a package of problem-solving storage ideas to help you make maximum use of existing space. Some of our storage solutions stack, snap, flip, fold, or slide into use. Some are buyable, some are buildable. All are practical ways to make your house store more.

Nooks and crannies have surprising storage potential. In the teen-age bedroom, *opposite,* an under-the-eaves window seat serves as a part-time bookshelf. Adjustable shelving displays collectibles, while baskets store hobby supplies.

Built-ins can help turn an empty back entryway into a super mud room. *At right,* built-in benches and shelves provide storage space for a family's foul-weather gear.

To help solve the where-to-put-it problem, add freestanding furniture. The laminated wall system, *below left,* offers closed storage units for stashing tableware and open shelving to show off books, baskets, and bibelots.

To create a custom-built nursery in a small room, why not steal space from a seldom-used closet? *Below right,* a changing table was fitted into a closet to help free up floor space. Plywood cubicles catch pint-size paraphernalia.

Buying Information, page 170







Design: *Opposite,* Sandra Shapiro. *Above right,* Don Vermeland. *Below left,* Eileen Deymier. *Below right,* Nancy Serafini

STORAGE SPACE

Stash it from sight



A pocket-size room doesn't have to suffer from a storage shortage—not when you call dual-purpose furniture into play. *At left,* what appears to be a sofa is actually a built-in banquette with hidden storage assets. The sofa base is an upholstered plywood box; seat cushions are attached to plywood lids hinged to the banquette frame. For instant storage space, simply lift the cushions.

For super storage potential, don't overlook out-of-the-way areas of your house. *At right,* unused attic space was put to work as a sewing-storage center. A wall of cabinets harbors a 64x35-inch table. When the center doors are opened, the plywood surface flips forward to hold a portable sewing machine. When not in use, the table tucks neatly into the cabinet.

Buying information, page 170

Design *Opposite,* Phillip Nelson, Deanna Phillips. *Right,* Jim and Sharon Stoebner







STORAGE SPACE

Get more from a store



If you'd rather buy than build, consider one of the smart-looking furniture pieces shown here. They can help you sort out, show off, or store almost anything. And while supplementing your stashing space, they add attractive accents to your home. Take a look.

1. Silver chest, *Hickory Manufacturing Co.*
2. Baker's rack buffet and bar, *Drexel Heritage Furnishings.* 3. Etagere, "Haymarket Square," *Heywood-Wakefield.* 4. Bill collector's desk, *Harden Furniture Co.* 5. Television cabinet, *Baker Furniture.* 6. Chippendale-style cedar chest, *The Lane Co., Inc.* 7. Chrome and laminate étagere, "Brian Palmer Shelf System," *Daystrom Furniture Co.* 8. Wire stacking baskets, "System Elfa," *Sun-glo.* 9. Oak wardrobe, "Series 154," *Tech Furniture.* 10. See-through hanging wardrobe, *Bloomingdale's.* 11. Lucite storage trunk, *Rose Trunk Manufacturing Co.* 12. White plastic stacking units, *Beylerian Limited.*
13. Platform bed with double headboard/storage units, "Visions III," *Stanley Furniture Co.*

Buying information, page 170



10 BEST WAYS TO SAVE MONEY ON MAIN DISHES

By Nancy Byal

In spite of inflated prices, in spite of food shortages, in spite of it all, you really can cook up great meals and still curb your food bill. What's more, you don't have to be a mastermind or miser to do it.

Getting more from your food dollar means getting back to basic budgeting. Time-honored strategies such as using meat alternatives and meat stretchers are as valid today as they have been in years past. The key to winning the budget battle is to relate these strategies to what's happening in today's marketplace.

You're undoubtedly taking steps already to keep food costs in line. But to see real results, you have to be consistent, and that isn't easy. To help you map out a master plan and stick to it, we've singled out ten sound ways to save, and we illustrate each one with a delicious main dish. Our recipes are keyed to current prices (you'll notice we intentionally bypassed skyrocketing ground beef). Plug our plan into your daily routine, and we think you'll be amazed at what good meals you can serve, and how much money you can save.



SLICE YOUR STEAK/ SLASH YOUR SPENDING

To get the BIG effect of single-serving steaks without busting your budget, try this. Cut one steak in thin bias-slices and spread them out over a bed of pasta, rice, or vegetables. Medium-priced steak cuts such as top round and flank are particularly savvy choices. Use an electric knife, if you have one, to speed up carving.

Juicy **Steak Carbonnade** slices are fanned over a platter of parslied spinach noodles. The meat gets marinated, basted, and served with a spunky beer-catsup sauce.

Recipes begin on page 124.



Food Stylist: Mable Hoffman Photographs: Lyon

PUT MORE EGGS IN YOUR FOOD BASKET

You'll have a lot to crow about if you feature egg main dishes frequently. A two-egg serving costs less than 20 cents, a real bargain when you consider today's food prices. You won't be shortchanged nutritionally either—one egg packs the protein equivalent of one ounce of meat, not to mention sizable quantities of important vitamins and minerals.

Tiered Omelet Rancheros is a spectacular and surprisingly easy meal to make for family or company. Four mini-omelets are stacked with peppy tomato sauce, sour cream, avocado, and monterey jack cheese in between. If you like, cook the omelets up to three hours ahead of the time you plan to serve the meal. Layer the omelets between waxed paper, then cover, and refrigerate till assembly time.

Recipes begin on page 124.
Buying information, page 170





10 BEST WAYS TO SAVE MONEY ON MAIN DISHES

SAY CHEESE—AND SAVE

Focus on cheese instead of meat, and you can pocket sizable savings. Process cheeses generally cost less per pound than natural cheeses. But remember—you pay extra when cheese is presliced.

Pourable bottom and top crusts make **Easy Cheesy Pie** (top) simple to fix.

GET HOOKED ON FISH

Some of the least expensive and most delicious eating starts with fish. To get your money's worth from fish, familiarize yourself with the types that are most widely marketed—and, consequently, least expensive—in your area.

To make **Deviled Fish Kabobs** (bottom) "tie" strips of fish with smoked meat, then alternate them on skewers with pineapple and carrot.

TRY THE UNFAMILIAR—AND INEXPENSIVE

It pays to be adventurous. You can buy some unusual foods—squid, for example—at down-to-earth prices because they're not in demand.

Fried Squid with Lemon-Pepper Sauce (right) boasts a crunchy oatmeal coating.

Recipes begin on page 124.
Buying information, page 170





10 BEST WAYS TO SAVE MONEY ON MAIN DISHES

USE VARIETY MEATS FOR ALL THEY'RE WORTH

If you're going to buy meat, take advantage of thrifty variety meats. Not only are they boneless, but they have little or no waste.

Our **Liver-Vegetable Dutch Puff** (left) features chicken livers and vegetables in a popover-like base.

SAVE A BUNDLE WITH LENTILS AND BEANS

For centuries, thrifty cooks throughout the world have relied on versatile, nutritious dry lentils and beans. They're featured in countless classic recipes like soup, cassoulet, and baked beans.

Herbed Lentils with Rice (top) is seasoned with aromatic basil, oregano, and thyme and enhanced by white wine and Swiss cheese.

TAKE NUTS SERIOUSLY

Vegetarians have long recognized nuts as a top-notch protein source and as a budget stabilizer. One-fourth cup of nuts or peanut butter equals a meat serving.

Adding peanuts and peanut butter turns a four-serving main dish into six-serving **Peanut Chicken Salad** (bottom).

Recipes begin on page 124.
Buying Information, page 170









10 BEST WAYS TO SAVE MONEY ON MAIN DISHES

RECYCLE BONES INTO SOUP

"Great is the art of ending," said Longfellow—and it's an idea that applies to food. Some of the best down-home eating comes from the last of a roast—the meaty bones. Or you can start with less expensive bony meats, such as shanks and hocks.

Burgundy Meat and Bean Stew (top) takes advantage of beef and ham bones. Pinto beans pack added protein punch.

BUY THE LARGE ECONOMY SIZE

Since meat-cutting costs are passed directly on to you, it's worth your money to buy one large meat cut and let it carry over for several meals. Plan on the whole roast for one dinner; you'll have enough left over for a brand-new main dish another time. If you have a bone-in meat cut, you can also base a third meal on the meaty bone.

Try **Cranberry-Orange Ham Platter** (bottom left) as the first-night special. Next, mix the remaining ham and vegetables with rice to stuff in **Ham-Romaine Rolls** (top right).

Recipes begin on page 124.
Buying information, page 170

Taste the Crunchy Combination! Salad Crispins® and California Iceberg Lettuce.

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is the beginning of the ultimate salad. And lively,
crunchy Salad Crispins are the ultimate
taste-topper with croutons, peppers, onions, herbs,
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FOOD



GROUND MEAT MAIN DISHES

SPRING VEGETABLE IDEAS

Does your family clamor for your special main dish made with ground meat? Do fresh spring vegetables inspire you to create new ways to use them? Send us your recipes—you could win next April. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next April. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Ground Meat Main Dishes

Your entrée idea can feature ground ham, pork, sausage, lamb, veal, or beef. Do you grind leftover meat for your recipe, such as a meat pie, meat loaf, or pizza? Hints: **lamb-cucumber pita sandwiches, veal-stuffed eggplant, turkey 'n cabbage casserole.**

Spring Vegetable Ideas

Springtime vegetables could include artichokes, asparagus, beets, endive, peas and pea pods, green onion, new potatoes, and greens such as mustard, kale, spinach, and leaf lettuce. Tips: **artichoke frittata, braised endive with mustard sauce, yogurt-pea soup.**

THIS MONTH'S WINNERS

(See recipes on pages 133 and 134.)

Cooks-of-the-Month

Ali Kramer, Woodland Hills, Calif.
Ellen K. Watson, Moscow, Idaho

Runners-up

Mrs. Paula Amelio, Sewickley, Pa.
Laura Getschmann, Bremerton, Wash.
Laura Gulden, New Ulm, Minn.
Ruth S. Webster, Portales, N. Mex.

Honor Roll

Susan M. Akczinski, Stewartstown, Pa.
Ruth Babcock, Rialto, Calif.
Mrs. James Choquette, Upland, Nebr.
Mrs. Julia Coffman, Mooresville, Ind.
Mrs. Barbara Finley, Coco Solo, Canal Zone
Mary J. Freydl, Northville, Mich.
Mrs. Leroy Hansen, Scotia, Nebr.
Karen Prieskorn, Westland, Mich.
Ellen Rowe, Orlando, Fla.
Mrs. Betty Schrake, Reynoldsburg, Ohio

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "April Ground Meat Main Dishes" or "April Spring Vegetable Ideas."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, September 30. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7909 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

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Snackin' Cake has a recipe for a smile a mile wide.



Betty Crocker

Snackin' Cake®
Applesauce Raisin Bars

Heat oven to 350°. Prepare 1 package Betty Crocker® Snackin' Cake® applesauce raisin cake mix as directed except – mix in bowl and decrease water to ¾ cup. Stir in 1 tablespoon vanilla and 1 egg. Pour into rectangular pan, 13x9x2 inches. Bake until top springs back when touched, 20 to 25 minutes; cool. Frost with Cream Cheese Frosting (below). Cut into bars about 3x1 inch. Store in refrigerator. 32 bars.

Cream Cheese Frosting

1 package (3 ounces) cream cheese, softened
1 tablespoon milk
1 teaspoon lemon juice
2 cups powdered sugar

Mix cream cheese, milk and lemon juice. Beat in sugar gradually. If necessary, stir in additional milk, 1 teaspoon at a time, until smooth and of spreading consistency.

Try with any flavor Betty Crocker Snackin' Cake cake mix.

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begins on page 114

Money-saving main dishes

STEAK CARBONNADE

1 12-ounce can (1½ cups) beer
⅔ cup catsup
½ cup chopped onion
¼ cup sugar
3 tablespoons lemon juice
2 tablespoons worcestershire sauce
1 teaspoon salt
1 teaspoon paprika
½ teaspoon chili powder
⅛ teaspoon pepper
1 1½-pound top beef round steak, cut 1 inch thick
12 ounces uncooked medium green noodles
2 tablespoons butter *or* margarine
½ cup snipped parsley

In 2-quart saucepan combine beer, catsup, onion, sugar, lemon juice, worcestershire, salt, paprika, chili powder, and pepper; simmer, uncovered, 15 minutes. Cool. With sharp knife score steak on both sides in diamond pattern. Place in plastic bag; set in shallow dish. Pour in beer marinade. Close bag. Let stand 2 to 3 hours at room temperature, occasionally pressing bag against meat to distribute marinade. Remove steak from marinade, reserving marinade. Place meat on unheated rack in broiler pan; broil 3 inches from heat 6 to 7 minutes per side for medium-rare doneness, brushing with marinade occasionally. Reheat remaining marinade.

While steak broils, cook noodles in boiling salted water according to package directions. Drain noodles; toss with butter and parsley. To serve, carve meat diagonally across the grain in very thin slices. Spoon noodle mixture onto platter. Arrange meat atop noodles; spoon some of the sauce over. Pass remaining sauce. Makes 6 servings.

TIERED OMELET RANCHEROS

8 eggs
2 tablespoons milk
¾ teaspoon salt
⅛ teaspoon pepper
Butter *or* margarine
1 16-ounce can stewed tomatoes, cut up
1 4-ounce can green chili peppers, rinsed, seeded, and chopped
⅛ teaspoon salt
Few dashes bottled hot pepper sauce
1 tablespoon cold water
1 tablespoon cornstarch
½ cup dairy sour cream
1 large avocado, peeled, seeded, and sliced
Lemon juice
1¼ cups shredded monterey jack cheese (4 ounces)

In mixing bowl beat eggs, milk, the ¾ teaspoon salt, and pepper with rotary beater till thoroughly combined. Heat 1 to 2 teaspoons butter or margarine in a 6-inch skillet or omelet pan. Pour a scant ½ cup egg mixture into pan. Tilt skillet to spread over the bottom of the pan. As mixture begins to set, use a metal spatula to lift omelet at edges so uncooked egg flows underneath. Cook till eggs are set and bottom is brown. Invert omelet onto waxed paper. Repeat with the remaining egg mixture and butter or marga-

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rine to make four omelets.

In saucepan combine stewed tomatoes, chili peppers, remaining salt, and hot pepper sauce. Stir together cold water and cornstarch; add to tomato mixture. Cook and stir till thickened and bubbly.

To assemble, place one omelet, browned side up, in 8-inch round baking dish or 9-inch pie plate. Spread on *half* the tomato mixture. Set aside 1 tablespoon sour cream; spread remaining sour cream atop a second omelet; place omelet, sour cream side up, over



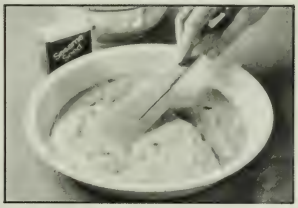
tomato-topped omelet. Dip avocado slices in lemon juice to prevent them from turning brown. Set aside two slices. Arrange remaining avocado slices atop sour cream. Top with another omelet. Sprinkle with *1 cup* cheese. Top with remaining omelet, browned side up. Bake, covered, in 350° oven for 35 to 40 minutes or till heated through. Uncover and sprinkle with remaining cheese; bake 5 minutes more or till cheese melts. Add 1 to 2 tablespoons *water* to remaining tomato sauce; heat through. Top omelet stack with some of the sauce, the reserved sour cream, and avocado slices. Cut omelet in wedges to serve. Pass remaining sauce. Makes 6 servings.

EASY CHEESY PIE

Bacon and green onion round out the flavor of this hearty pie filled with cottage cheese and cream cheese—

2 slices bacon
¼ cup finely chopped green onion
1 cup all-purpose flour
1 tablespoon baking powder
½ teaspoon salt
½ cup butter *or* margarine
¼ cup milk
2 beaten eggs
1 12-ounce carton cottage cheese, drained
1 3-ounce package cream cheese
2 eggs
1 tablespoon lemon juice
1 tablespoon toasted sesame seed

Cook bacon till crisp. Drain bacon, reserving drippings; crumble bacon and set aside. Cook green onion in bacon drippings till tender; set aside. In mixing bowl stir together flour, baking powder, and salt. Cut in butter or



margarine till mixture resembles coarse crumbs. Stir in milk, the two beaten eggs, and the green onion till nearly smooth. Spread *half* the batter in an ungreased 9-inch pie plate. Set remaining batter aside.

For filling, beat together the drained

continued

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2. Prize winners will be determined by random drawings conducted by an independent judging organization whose decisions will be final. ALL PRIZES WILL BE AWARDED. Limit one prize per family. Grand, first and second prizes will be awarded by check. No cash substitution for the third, fourth or fifth prizes. Bonus will be awarded to qualified winners through 4th prize. The odds of winning will be determined by the number of entries received.

3. All taxes, if any, will be the sole responsibility of the winners.

4. This sweepstakes is limited to residents of the Continental U.S., Alaska and Hawaii. Employees of General Mills, Inc., its advertising agencies, the judging organization, and their families, will not be eligible. Void wherever prohibited by law. All Federal, State and Local laws and regulations apply.

5. Winners will be notified by mail within 30 days after the drawing, which will take place the week of March 17, 1980. A list of all prize winners certified by the judging organization will be available for examination at the general offices of General Mills, Inc., 9200 Wayzata Blvd., Minneapolis, MN, following the awarding of the prizes. A list of major winners through 4th prize is obtainable by sending a self-addressed, stamped envelope to: General Mills, Inc., P.O. Box 1129 — Dept. 405, Minneapolis, MN 55440. Do not include request for winners in sweepstakes entry.

continued

Money-saving main dishes

cottage cheese, the cream cheese, the remaining 2 eggs, and the lemon juice; stir in crumbled bacon. Pour over batter in pie plate. Spoon remaining batter atop filling. Sprinkle with sesame seed. Bake in 325° oven for 45 minutes or till knife inserted just off-center comes out clean. Let stand 5 to 10 minutes before serving. Cut in wedges to serve. Makes 6 servings.

FRIED SQUID WITH LEMON-PEPPER SAUCE

Moneywise, you're way ahead to buy whole squid and do the cleaning yourself. Our how-to photos make the job an easy one—

2 pounds fresh or frozen whole squid
1½ cups rolled oats
¾ cup grated parmesan cheese
¼ cup wheat germ
¼ teaspoon garlic salt
1 beaten egg
¼ cup milk
¼ to ⅓ cup all-purpose flour
¼ cup butter *or* margarine
1 recipe Lemon-Pepper Sauce



Thaw squid, if frozen. Pull fin and outer part of tail away from head and



tentacles. Cut off tentacles just above eyes; remove hard cartilage from tentacles and save tentacles. Discard entrails and eye section. Pull off skin.



Clean body cavity, pulling out the transparent pen. Rinse body well; pat



dry with paper toweling. Slice body into ½-inch rings. In shallow bowl combine oats, cheese, wheat germ, and garlic salt. In another shallow bowl combine egg and milk. Coat squid rings and tentacles lightly with flour. Dip squid into egg mixture; coat with crumbs. Heat butter or margarine in heavy 10-inch skillet; add squid, half at a time, and cook quickly about 2 minutes per side. Serve with Lemon-Pepper Sauce. Makes 4 servings.

To make Lemon-Pepper Sauce: In saucepan combine 2 teaspoons *instant chicken bouillon granules*, 2 teaspoons *cornstarch*, and ¼ teaspoon freshly ground *black pepper*. Stir in 1 cup *water*, 2 tablespoons snipped *parsley*, and 1 tablespoon *lemon juice*. Cook and stir till thickened and bubbly. Gradually stir a moderate amount of sauce into 2 well-beaten *eggs*; return to hot mixture in pan. Cook and stir just till thickened. *Do not boil.* Makes about 1 cup dipping sauce.

DEVILED FISH KABOBS

Thread the pineapple so that each half-slice of fruit passes through the skewer twice—

⅓ cup cooking oil
¼ cup lemon juice

continued



basting frequently with marinade. Makes 4 to 6 servings.

LIVER-VEGETABLE DUTCH PUFF

The mixed vegetables may be called various names, such as California-style, depending on the brand—

- **¼ cup butter *or* margarine**
- **3 eggs**
- **½ cup milk**
- **½ cup all-purpose flour**
- **¼ teaspoon salt**
- **½ cup chicken broth**
- **½ teaspoon dried tarragon, crushed**
- **¼ teaspoon salt**
- **½ of a 20-ounce package frozen loose-pack mixed broccoli,**

into skillet. Bake in 450° oven for 15 minutes. Reduce temperature to 350°; bake 5 to 10 minutes more.

Meanwhile, in saucepan bring chicken broth, tarragon, and the remaining ¼ teaspoon salt to boiling; add mixed vegetables. Simmer, covered, 9 to 10 minutes or just till crisp-tender. Stir in tomatoes. Combine cornstarch and cold water; stir into vegetable mixture. Cook and stir till thickened and bubbly. Keep warm.

In another skillet cook onion and garlic in the 3 tablespoons butter till tender but not brown. Add chicken livers; cook over medium-high heat about 5 minutes or just till chicken livers are slightly pink in center. Season to taste with *salt* and *pepper*. Gently fold into vegetable mixture. Spoon liver-vegetable mixture into puff. Cut in wedges. Serve at once. Makes 6 servings.

HERBED LENTILS AND RICE

- **2⅔ cups chicken broth**
- **¾ cup dry lentils**
- **¾ cup chopped onion**
- **½ cup brown rice**
- **¼ cup dry white wine**
- **½ teaspoon dried basil, crushed**
- **¼ teaspoon salt**
- **¼ teaspoon dried oregano, crushed**
- **¼ teaspoon dried thyme, crushed**
- **⅛ teaspoon garlic powder**
- **⅛ teaspoon pepper**
- **4 ounces Swiss cheese**

Combine chicken broth, lentils, onion, uncooked rice, wine, and seasonings. Shred *half* of the cheese; stir into lentil mixture. Turn into un-

continued

Money-saving main dishes

- **¼ cup worcestershire sauce**
- **¼ cup finely chopped onion**
- **2 tablespoons brown sugar**
- **1 teaspoon dry mustard**
- **½ teaspoon salt**
- **1 clove garlic, crushed**
- **Several dashes bottled hot pepper sauce**
- **1 16-ounce package block-frozen fish fillets**
- **3 slices very thinly sliced smoked ham, cut in 1-inch-wide strips**
- **3 large carrots, bias-cut in 2-inch-thick pieces**
- **6 canned pineapple slices, halved**

In saucepan combine oil, lemon juice, worcestershire, onion, brown sugar, dry mustard, salt, garlic, and hot pepper sauce. Simmer, uncovered, 5 minutes; cool. Let fish thaw 20 to 30 minutes; cut partially frozen fish crosswise into 12 pieces. Wrap one strip of ham around the center of each fish strip; secure with wooden pick. Place fish in shallow dish. Pour marinade over; let stand at room temperature 30 minutes, turning once. Meanwhile, cook carrots, uncovered, in a small amount of boiling salted water till tender. Drain fish, reserving marinade. On six long skewers alternately thread carrots, pineapple, and fish lengthwise. Cook on greased grill over *medium* coals for 8 to 10 minutes, turning and



- **cauliflower, and carrots (2 cups)**
- **2 ripe medium tomatoes, peeled, cored, and cut up**
- **2 teaspoons cornstarch**
- **1 tablespoon cold water**
- **1 medium onion, chopped (½ cup)**
- **1 clove garlic, minced**
- **3 tablespoons butter *or* margarine**
- **12 ounces chicken livers, halved, *or* baby beef liver, sliced**

Melt the ¼ cup butter or margarine in an oven-going 10-inch skillet. Rotate pan to coat bottom and sides. In mixing bowl beat eggs with rotary beater till well blended. Add milk, flour, and the first ¼ teaspoon salt; beat till nearly smooth. Stir in melted butter from skillet; beat smooth. Pour batter



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continued

Money-saving main dishes

greased 1½-quart casserole. Bake, covered, in 350° oven for 1½ to 2 hours or till lentils and rice are done, stirring twice. Uncover casserole; top with cheese strips. Bake 2 to 3 minutes more or till cheese melts. Makes 4 servings.

PEANUT-CHICKEN SALAD

The creamy dressing goes best with firm greens such as romaine and iceberg lettuce—

½ cup plain yogurt
⅓ cup peanut butter
¼ cup milk
3 tablespoons white wine vinegar
1 tablespoon salad oil
1 tablespoon sugar
½ teaspoon soy sauce
¼ teaspoon garlic powder
Dash cayenne
6 cups torn greens
2 cups diced cooked chicken
1 tart apple, cored and diced
1 cup shredded red cabbage
¼ cup raisins
1 tablespoon thinly sliced green onion
½ cup peanuts

In small mixing bowl stir together yogurt, peanut butter, milk, vinegar, oil, sugar, soy sauce, garlic powder, and cayenne. In large salad bowl arrange lettuce, chicken, apple, cabbage, raisins, onion, and peanuts. Add dressing and toss. Makes 6 servings.

BURGUNDY MEAT AND BEAN STEW

For added economy, save leftover beef and ham bones in your freezer to use in the stew—

16 ounces dry pinto beans (2½ cups)
1 pound meaty beef bone *or* beef shank cross cuts
¾ pound meaty ham bone *or* ham hock
1 clove garlic, minced
1 teaspoon salt
¼ teaspoon pepper
1 bay leaf
1 16-ounce can tomatoes, cut up
1½ cups burgundy
1 8-ounce can tomato sauce
2 tablespoons packed brown sugar

In Dutch oven combine beans and 7 cups *water*. Bring to boiling. Reduce heat and simmer, uncovered, 2 minutes. Remove from heat. Cover and let stand 1 hour. (Or, add beans to water; cover and let stand overnight.) Do not drain. Add beef bone, ham bone, garlic, salt, pepper, and bay leaf. Bring to boiling. Cover; simmer 1½ hours, stirring occasionally. Remove bones; when cool enough to handle, cut off meat and dice. Discard bones. Return meat to pan. Add *undrained* tomatoes, burgundy, tomato sauce, and brown sugar. Simmer, covered, about 45 minutes more or till beans are tender. Remove bay leaf. Mash beans slightly. Season to taste with *salt* and *pepper*. Makes 8 to 10 servings.

CRANBERRY-ORANGE HAM PLATTER

1 5-pound fully cooked bone-in smoked ham
4 large sweet potatoes, peeled and cut in thick slices
6 to 8 boiling onions



1 cup water

• • •

½ cup dry red wine
2 teaspoons cornstarch
1 8-ounce can whole cranberry sauce
¼ cup orange marmalade

Trim excess fat from ham. Place ham on rack in shallow roasting pan; bake in 325° oven for 1 hour. Add sweet potatoes, onions, and water; sprinkle with *salt* and *pepper*. Cover and cook 1 hour more or till vegetables are tender. Remove meat and vegetables to platter; keep warm. In saucepan blend wine into cornstarch. Add cranberry sauce and marmalade. Cook and stir till thickened and bubbly. Spoon some of the sauce over meat and vegetables. Pass remaining sauce. Makes 6 servings plus meat and vegetable leftovers for Ham-Romaine Rolls.

HAM-ROMAINE ROLLS

When making each roll, you can substitute one cabbage leaf for the two romaine leaves—

1 beaten egg
½ cup milk



½ cup finely chopped leftover vegetables (from Cranberry-Orange Ham Platter) *or* onion
1 tablespoon horseradish mustard
2 cups finely chopped leftover ham (from Cranberry-Orange Ham Platter)
¾ cup cooked rice
12 large romaine leaves

• • •

1 recipe Horseradish Sauce
Paprika

In mixing bowl combine egg, milk, leftover vegetables or onion, and mustard. Add ham and rice; mix thoroughly. Trim a thin slice from the heavy center rib of each romaine leaf to make leaves lie flat, keeping each leaf in one piece. Immerse leaves in boiling water about 1 to 2 minutes or till limp; drain. Place two leaves together, overlapping one long edge slightly; top with ½ cup meat mixture. Fold in sides. Starting at one unfolded edge, roll up each leaf making sure folded sides are included in roll. Place, seam side down, in a 12x7½x2-inch baking dish; repeat with remaining romaine leaves and meat mixture. Bake, covered, in 350° oven for 25 minutes. Meanwhile, prepare *Horseradish Sauce:* In saucepan melt 2 tablespoons *butter* or *margarine;* stir in 2 tablespoons all-purpose *flour* and 1 teaspoon *instant chicken bouillon granules;* add 1 cup *milk* all at once. Cook and stir till thickened and bubbly. Stir in 2 tablespoons *prepared horseradish mustard.* Heat through but do not boil. Spoon some of sauce over rolls. Sprinkle rolls with paprika. Pass remaining sauce. Makes 6 servings.

with the Cream of Cheese

Start with the pure creamy richness of the cream of cheese, Philadelphia Brand cream cheese, to create a fluffy cloud of luscious filling.

FILLED CREAM PUFFS

2 cups milk
1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese
1 3¾-oz. pkg. instant vanilla pudding mix
8 Cream puffs
KRAFT Caramel Topping

Gradually add ½ cup milk to softened cream cheese, mixing until well blended. Add pudding mix and remaining milk; beat slowly 1 minute. Cover surface of pudding with waxed paper or transparent wrap; chill. Cut tops from cream puffs; fill with pudding mixture. Replace tops and spoon topping over. 8 servings. America spells cheese KRAFT.





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Tastes like you spent the whole day baking.

In fact, these delicious Double Fudge Fancifills take you hardly any time at all. Just wait until they taste that rich ribbon of cream cheese laced lusciously through the deep dark chocolate of Pillsbury Plus Devil's Food Cake.

Pillsbury Plus Double Fudge Fancifills.

Filling:

8 oz. pkg. cream cheese, softened
2 tablespoons margarine or butter
¼ cup sugar
1 tablespoon cornstarch
1 egg
2 tablespoons milk
½ teaspoon vanilla

Base:

1 pkg. Pillsbury Plus Devil's Food Cake Mix
3 eggs
⅓ cup oil
1 cup water

Heat oven to 350°F. Grease and flour 13 x 9-inch pan. In small bowl, blend all filling ingredients; beat at highest speed until smooth and creamy. Set aside. In large bowl, blend cake mix, eggs, oil and water until moistened. Beat 2 minutes at highest speed. Pour half of batter into pan. Pour cream-cheese mixture over batter, spreading to cover. Pour remaining batter over cream-cheese mixture. Bake at 350° for 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool completely. Frost with your favorite fudge frosting. Store in refrigerator.

Everything you ever wanted in a cake. Plus.



Buying information, page 170

MOCHA DESSERTS

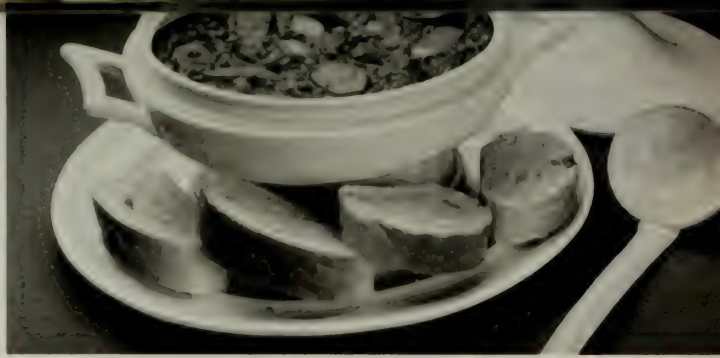
Mocha-marbled Raisin Pie

This top-rated coffee and chocolate pie features a generous filling—

¾ cup dark raisins
¼ cup rum
Pastry for one-crust 9-inch pie
¼ cup granulated sugar
1 envelope unflavored gelatin
1 cup milk
3 squares (3 ounces) semisweet chocolate, cut up
2 slightly beaten egg yolks
1 tablespoon instant coffee crystals
2 egg whites
¼ cup granulated sugar
1 cup whipping cream
¼ cup sifted powdered sugar

Soak raisins in rum several hours. Roll out and line a 9-inch pie plate with pastry; trim and flute edge. Prick pastry; bake in 450° oven for 10 to 12 minutes. Cool. In saucepan combine the first ¼ cup granulated sugar, gelatin, and ⅛ teaspoon *salt*. Stir in milk, chocolate, egg yolks, and coffee crystals. Cook and stir till slightly thickened. Remove from heat; stir in raisin mixture. Chill till partially set. Beat egg whites to soft peaks. Gradually add the remaining granulated sugar, beating to stiff peaks. Fold into gelatin mixture. Chill till mixture mounds. Beat cream and powdered sugar to soft peaks. Spoon chocolate mixture and whipped cream alternately in pie shell. Swirl gently to marble. Cover; chill at least 4 hours.

Ali Kramer, Woodland Hills, Calif.



Photographer: Dieter

SOUPS AND STEWS

Spicy Sausage and Lentil Stew

A hearty molasses and spice flavor permeates this top-rated lentil stew—

1 pound dry lentils
1 small bay leaf
1 teaspoon salt
½ teaspoon *each* garlic salt, dry mustard, ground cinnamon, ground cloves, ground ginger, and ground nutmeg
½ teaspoon *each* dried savory, crushed, and dried thyme, crushed
8 ounces Polish *or* German sausage, cut in ½-inch chunks
2 medium onions, cut in wedges
2 cups tomato juice
1 15-ounce can (2 cups) tomato sauce
3 tablespoons molasses
2 tablespoons bottled barbecue sauce

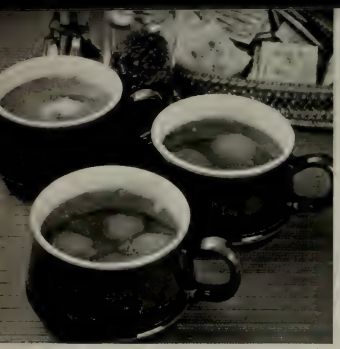
In a Dutch oven combine lentils, 5 cups *water*, and seasonings. Bring to boiling; reduce heat and simmer, covered, for 35 minutes. In skillet cook sausage and onion till meat is lightly browned. Add to stew with remaining ingredients. Simmer, covered, 15 minutes. Makes 8 to 10 servings.

Ellen K. Watson, Moscow, Idaho



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Italian Dumpling Soup

A good accompaniment to a main-dish salad—

8 cups chicken broth
2 slightly beaten eggs
⅔ cup grated parmesan cheese
⅔ cup fine dry bread crumbs
¼ cup butter *or* margarine, softened
½ teaspoon finely shredded lemon peel
¼ teaspoon ground nutmeg
¼ teaspoon ground cinnamon
¼ teaspoon pepper
Grated parmesan cheese

In a large kettle or Dutch oven bring chicken broth to boiling. Meanwhile, in small mixer bowl combine the eggs, the ⅔ cup parmesan cheese, the bread crumbs, butter or margarine, lemon peel, nutmeg, cinnamon, and pepper till well blended. Shape mixture with hands into 1-inch balls; add, a few at a time, to the boiling broth. Cook, uncovered, about 8 minutes or till dumplings are done. Pass parmesan cheese to sprinkle atop each serving. Makes 6 to 8 servings.

Ruth S. Webster, Portales, N. Mex.



Shrimp-vegetable Appetizer Bisque

1 pound zucchini, sliced (3½ cups)
1 cup sliced carrot
½ cup chopped celery
½ cup sliced green onion
½ cup butter *or* margarine
1 tablespoon all-purpose flour
1¾ cups milk
1 can condensed cream of mushroom soup
½ cup dry white wine
½ cup dairy sour cream
2 teaspoons instant chicken bouillon granules
1 4½-ounce can tiny shrimp, drained

In Dutch oven cook vegetables in butter or margarine, covered, till tender, about 20 minutes. Blend in flour; stir in milk. Cook and stir till bubbly. Pour into blender container or food processor; cover and blend till smooth. In same pan combine 2 cups *water,* soup, wine, sour cream, and bouillon granules. Stir in pureed mixture and shrimp. Heat through, but *do not boil.* Garnish with cucumber slices, if desired. Makes 8 servings.

Mrs. Paul Amelio, Sewickley, Pa.



Easy Mocha Cheesecake

1 package 2-layer-size devil's food cake mix (regular or pudding-type)
3 tablespoons instant coffee crystals
¼ cup butter *or* margarine, melted
2 8-ounce packages cream cheese, softened
½ cup sugar
3 eggs
1½ cups milk
Whipping cream, whipped
Grated chocolate

Reserve 1 cup of the dry cake mix. Dissolve *1 tablespoon* of the coffee crystals in 1 tablespoon *hot water.* Combine the remaining cake mix, melted butter or margarine, and coffee mixture just till crumbly. Press on bottom and sides of two greased and floured 9-inch round cake pans. Beat cream cheese and sugar till fluffy; beat in reserved cake mix. Beat in eggs just till blended. Dissolve remaining coffee granules in milk; blend into cheese mixture. Pour into crusts. Bake in 300° oven 45 to 50 minutes; cool. Chill. Pipe whipped cream atop cakes, or spoon over cake. Sprinkle with grated chocolate. Makes 2.

Laura Gulden, New Ulm, Minn.



Four-layer Mocha Dessert

In saucepan combine ½ cup *sugar,* 2 tablespoons *cornstarch,* and 1 envelope *unflavored gelatin.* Add 2 cups *milk;* cook and stir till bubbly. Stir *1 cup* of mixture into 3 beaten *egg yolks;* return to pan. Cook and stir till mixture bubbles. Remove from heat; cover surface with plastic wrap. Cool to room temperature. Beat 3 *egg whites* to soft peaks. Gradually add ¼ cup *sugar,* beating to stiff peaks. Whip ½ cup *whipping cream.* Fold whites and cream into milk mixture. Combine *1½ cups* of cream mixture with 1 tablespoon *instant coffee crystals.* Let stand 5 minutes; stir. Add 2 squares *unsweetened chocolate,* melted and cooled, into remaining mixture. Combine 1½ cups crushed *chocolate cookies* and 3 tablespoons melted *butter.* Reserve ¼ cup crumbs; press remainder in a 10x6x2-inch dish. Top with *half* the chocolate mixture, then coffee mixture, and remaining chocolate mixture. Top with reserved crumbs. Chill several hours. Serves 8.

Laura Getschmann, Bremerton, Wash.



Delicious Banana Pudding in just 16 minutes

Nothing's quite as special as banana pudding made with thin, crisp Nabisco NILLA Wafers and sweet, creamy DOLE® Bananas. An unbeatable combination in this quick and easy recipe that is simply delicious.



Delicious Banana Pudding



1 (5 5/8-ounce) package vanilla flavor instant pudding and pie filling
3 cups cold milk
1 cup whipping or heavy cream, whipped
50 NILLA Wafers
4 large DOLE Bananas

Prepare pudding according to package directions using 3 cups milk; fold in half of whipped cream. Reserve 6 NILLA Wafers and 1 banana; slice remaining bananas. Arrange a layer of wafers on bottom of a 2-quart round baking dish or bowl. Spread one-quarter pudding over wafers; top with banana slices. Place wafers around sides of dish; continue layering wafers, pudding and bananas, ending with pudding. Cover and chill 3 hours or until serving time. Slice remaining banana. Garnish with banana slices, remaining 6 wafers and whipped cream. Makes 8 to 10 servings.

Merit Sparks Low Tar Boom!

'Enriched Flavor' cigarette ignites whole new taste era in low tar smoking.

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Then along came MERIT and a whole new taste idea called 'Enriched Flavor' tobacco. And the "low tar, low taste" theory was exploded. Exploded with proven taste in a new low tar cigarette.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 8 mg "tar," 0.6 mg nicotine—100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

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begins on page 51

Sweaters and afghans

Knitting/crochet abbreviations

beg ..... beginning
ch ..... chain
dc ..... double crochet
dec ..... decrease
inc ..... increase
incl ..... including
k ..... knit
lp(s) ..... loop(s)
p ..... purl
pat ..... pattern
psso ..... pass slip st over
rem ..... remaining
rnd ..... round
rpt ..... repeat
sc ..... single crochet
sk ..... skip
sl st ..... slip stitch
sp(s) ..... space(s)
st(s) ..... stitch(es)
st st ..... stockinette stitch
tog ..... together
yo ..... yarn over
* ..... repeat whatever follows * as indicated
( ) Work directions given in parentheses number of times specified. Work even . . . continue making pattern as before over same number of stitches without increasing or decreasing.

Child's multi-stitch pullover, page 52.

Instructions are for size Small (6-8); changes for size Medium (10-12) and size Large (14-16) are in parentheses. (Refer to the note below on *Finished measurements.*)

Materials: Bucilla Softex, 4-ply knitting worsted (4-oz. ball): 1 ball each of colors A, B, and C; Bucilla Horizon, 4-ply knitting worsted (2-oz. ball): 3 (3, 4) balls Main color (M). Sizes 7 and 9 knitting needles, or size to obtain gauge given below.

Gauge: On larger needles, 9 sts = 2 inches; 6 rows = 1 inch.

Finished measurements: Chest = 26 (30, 34) inches.

Instructions:

Back: With A and larger needles, cast on 58 (68, 78) sts. Change to smaller needles and work in k 1, p 1 ribbing for 2¼ inches. Break off A, attach M. Change to larger needles, and work in *Pattern 1* as follows: *Rows 1 and 2:* *P 1, k 1. Rpt from * across. *Rows 3 and 4:* *K 1, p 1. Rpt from * across. Rpt Rows 1 through 4 until length measures 4½ (5, 5½) inches.

Break off M, attach B and work *Pattern 2* as follows: *Row 1 (right side):* P 3 (4, 1) *k 4, p 4. Rpt from * across, ending with p 3 (4, 1). *Row 2:* K 3 (4, 1), *p 4, k 4. Rpt from * across, ending with k 3 (4, 1). *Row 3 (cable row):* P 3 (4, 1), **sl next 2 sts onto a toothpick and hold in front of work, k next 2 sts, k 2 sts from toothpick—cable made;* p 4. Rpt from * across, ending with p 3 (4, 1). *Rows 4 through 8:* Rpt Rows 2 and 1 alternately twice, then rpt Row 2 once more. (Rows 1 through 8 constitute the pat.) Rpt Rows 1 through 6.

Break off B, attach M, and work *Pattern 3* as follows: *Row 1:* K 3 (4, 1), * p 4, k 4. Rpt from * across, ending with k 3 (4, 1). *Row 2:* P 3 (4, 1), *k 4, p 4. Rpt from * across ending with p 3 (4, 1). *Rows 3 and 4:* Rpt Rows 1 and 2. *Rows 5 through 8:* Rpt Rows 2 and 1 alternately twice. (Rows 1 through 8 constitute the pat.) Rpt Rows 1 through 8 until total length is 10 (11, 12) inches, ending with a wrong-side row. Place a marker in each end of last row to indicate ends of side seams.

Break off M, attach C and work *Pattern 4* as follows: *Row 1 (right side):* *K 1, *insert right-hand needle through the center of the stitch directly below the next st on left-hand needle and knit it—this forms a loose loop at back of work—a k 1 below made.* Rpt from * across. At end of each row, pull work down from needle to even up the loops. *Row 2:* * K the loose loop and the next st on left-hand needle tog; k 1. Rpt from * across. *Row 3:* * K 1 below, k 1. Rpt from * across. *Row 4:* *K 1, k the loose loop and the next st tog. Rpt from * across. Rpt Rows 1 through 4 until 3 inches past markers.

Break off C, attach M and work *Pattern 5* as follows: *Row 1:* K across. *Row 2:* P across. *Rows 3 and 4:* K across. *Row 5:* P across. *Row 6:* K across. (Rows 1 through 6 constitute the pat.) Rpt Rows 1 through 6 until work measures 6 (6¾, 7½) inches past markers (flatten ridges slightly when measuring). Bind off 18 (21, 24) sts at beg of next 2 rows; bind off rem 22 (26, 30) sts loosely for back of neck.

Front: Work same as for Back until 3½ (4, 4½) inches past markers. *Neck shaping:* Work across 36 (42, 48) sts; sl last 14 (16, 18) sts worked onto a holder for front of neck; work rem 22 (26, 30) sts. Work in pat over last set of sts, dec one st at neck edge on every other row until 18 (21, 24) sts rem. Work even in pat until piece is same length past marker as Back. Bind off. Work other side to correspond. Sew right shoulder seam.

Collar: With right side facing, smaller needles, and A, pick up and k 18 (20, 22) sts, evenly spaced, along left neck edge, k 14 (16, 18) sts on front holder, pick up 18 (20, 22) sts along right neck edge to seam, pick up 32 sts across back of neck—82 (88, 94) sts. Work in k 1, p 1 ribbing for 4 inches. Change to larger needles and continue for 2 inches more. Bind off loosely in ribbing. Sew left shoulder seam and collar seam.

Sleeves: With A and smaller needles, cast on 32 (34, 36) sts. Work in k 1, p 1 ribbing for 2 inches, inc 6 (8, 10) sts, evenly spaced, across last row—38 (42, 46) sts.

Break off A, attach M. Change to larger needles, and work *Pattern 1* as for Back until total length measures 4½ (5, 5½) inches, inc one st at both ends of last row—40 (44, 48) sts. *Hereafter, keeping continuity of pats, inc one st at both ends of every 8th row 5 (6, 7) times more.*

Break off M, attach B, and work *Pattern 2* as follows: *Row 1:* P 2 (4, 2), *k 4, p 4. Rpt from * across, ending with p 2 (4, 2). *Row 2:* K 2 (4, 2), * p 4, k 4. Rpt from * across, ending with k 2 (4, 2). Position of cable panels is established. Starting with Row 3, work as for *Pattern 2* of Back until 14 rows in all have been completed—42 (46, 48) sts.

Break off B, attach M, and work *Pattern 3* as follows: *Row 1:* K 3 (5, 3), *p 4, k 4. Rpt from * across, ending with k 3 (5, 3). Position of sts is established. Work as for *Pattern 3* of Back, inc as directed, until length measures 10 (11½, 12) inches—48 (52, 56) sts.

Break off M, attach C and work *Pattern 4* as for Back inc as directed until total length is 12 (13½, 14) inches—50 (56, 60) sts. *Incs have been completed on Small and Medium sizes.*

Break off C, attach M, and work *Pattern 5* as for Back, inc as before once more on Large size only, until total length measures 13½ (15½, 16½) inches. Bind off loosely. Sew bound-off sts of sleeve to armhole edge bet markers. Sew side and sleeve seams.

continued

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Anchor Hocking

continued

Sweaters and afghans

Woman's multi-stitch pullover, page 53.

Instructions are for size Small (8-10); changes for size Medium (12-14) and size Large (16-18) are in parentheses. (Refer to the note below on *Finished measurements.)*

Materials: Bucilla Softex, 4-ply knitting worsted (4-oz. ball): 2 balls each of colors A, B, and C; Bucilla Horizon, 4-ply knitting worsted (2-oz. ball): 5 (5, 6) balls Main color (M). Sizes 7 and 9 knitting needles, or size to obtain gauge given below.

Gauge: On larger needles, 9 sts = 2 inches; 6 rows = 1 inch.

Finished measurements: Bust = 33 (36, 40) inches.

Instructions:

Back: With A and larger needles, cast on 74 (80, 90) sts. Change to smaller needles and work in k 1, p 1 ribbing for 3 inches. Break off A, attach M. Change to larger needles, and work in *Pattern 1* as follows: *Rows 1 and 2:* *P 1, k 1. Rpt from * across. *Rows 3 and 4:* *K 1, p 1. Rpt from * across. Rpt Rows 1 through 4 until total length measures 7½ (8, 8½) inches.

Break off M, attach B and work *Pattern 2* as follows: *Row 1 (right side):* P 3 (2, 3) *k 4, p 4. Rpt from * across, ending with p 3 (2, 3). *Row 2:* K 3 (2, 3), *p 4, k 4. Rpt from * across, ending with k 3 (2, 3). *Row 3 (cable row):* P 3 (2, 3), **sl next 2 sts onto a toothpick and hold in front of work, k next 2 sts, k 2 sts from toothpick—cable made;* p 4. Rpt from * across, ending with p 3 (2, 3). *Rows 4 through 8:* Rpt Rows 2 and 1 alternately twice, then rpt Row 2 once more. (Rows 1 through 8 constitute the pat.) Work even in pat until total length measures 12½ (13, 13½) inches.

Break off B, attach M, and work *Pattern 3* as follows: *Row 1:* K 3 (2, 3), *p 4, k 4. Rpt from * across, ending with k 3 (2, 3). *Row 2:* P 3 (2, 3), *k 4, p 4. Rpt from * across ending with p 3 (2, 3). *Rows 3 and 4:* Rpt Rows 1 and 2. *Rows 5 through 8:* Rpt Rows 2 and 1 alternately twice. (Rows 1 through 8

continued

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continued

Sweaters and afghans

constitute the pat.) Rpt Rows 1 through 8 until total length measures 16½ (17, 17½) inches, ending with a wrong-side row. Place a marker in each end of last row to indicate ends of side seams.

Break off M, attach C and work *Pattern 4* as follows: *Row 1 (right side):* *K 1, *insert right-hand needle through the center of the stitch directly below the next st on left-hand needle and knit it—this forms a loose loop at back of work—a k 1 below made.* Rpt from * across. At end of each row, pull work down from needle to even up the loops. *Row 2:* *K the loose loop and the next st on left-hand needle tog; k 1. Rpt from * across. *Row 3:* *K 1 below, k 1. Rpt from * across. *Row 4:* *K 1, k the loose loop and the next st tog. Rpt from * across. Rpt Rows 1 through 4 until 4 inches past markers.

Break off C, attach M and work *Pattern 5* as follows: *Row 1:* K across. *Row 2:* P across. *Rows 3 and 4:* K across. *Row 5:* P across. *Row 6:* K across. (Rows 1 through 6 constitute the pat.) Rpt Rows 1 through 6 until work measures 7½ (8, 8½) inches past markers (flatten ridges slightly when measuring). Bind off 20 (22, 25) sts at beg of next 2 rows; bind off rem 34 (36, 40) sts loosely for back of neck.

Front: Work same as for Back until 5 (5½, 6) inches past markers. *Neck shaping:* Work across 50 (54, 61) sts; sl last 26 (28, 32) sts worked onto a holder for front of neck; work rem 24 (26, 29) sts. Work in pat over last set of sts, dec one st at neck edge on every other row until 20 (22, 25) sts rem. Work even in pat until piece is same length past marker as Back. Bind off. Work other side to correspond. Sew right shoulder seam.

Collar: With right side facing, smaller needles, and A, pick up and k 21 (22, 22) sts, evenly spaced, along left neck edge, k 26 (28, 32) sts on front holder, pick up 21 (22, 22) sts along right neck edge to seam, pick up 34 (36, 40) sts across back of neck—102 (108, 116) sts. Work in k 1, p 1 ribbing for 4½ inches. Change to larger needles and continue for 3 inches more. Bind off loosely in ribbing. Sew left shoulder seam and collar seam.

Sleeves: With A and smaller needles, cast on 40 (44, 48) sts. Work in k 1, p 1 ribbing for 3 inches, inc 6 (8, 8) sts, evenly spaced, across last row—46 (52, 56) sts.

Break off A, attach M. Change to larger needles, and work *Pattern 1* as for Back until total length measures 7½ (8, 8½) inches, inc one st at both ends of last row—48 (54, 58) sts. *Hereafter, keeping continuity of pats, inc one st at both ends of every 1½ inches 5 times more.*

Break off M, attach B, and work *Pattern 2* as follows: *Row 1:* P 2, (1, 3), *k 4, p 4. Rpt from * across, ending with p 2 (1, 3). *Row 2:* K 2 (1, 3), *p 4, k 4. Rpt from * across, ending with k 2 (1, 3). Position of cable panels is established. Starting with Row 3, work as for *Pattern 2* of Back until total length measures 12 (12½, 13) inches—52 (58, 62) sts.

Break off B, attach M, and work *Pattern 3* as follows: *Row 1:* P 1 (4, 2), *k 4, p 4. Rpt from * across, ending with p 1 (4, 2). *Row 2:* K 2 (1, 3), *p 4, k 4. Rpt from * across ending with k 2 (1, 3). Position of sts is established. Work as for *Pattern 3* of Back, inc as directed until total length measures 16 (16½, 17) inches—58 (64, 68) sts. *Incs have been completed.*

Break off M, attach C and work *Pattern 4* as for Back inc as directed until total length measures 17½ (18, 19) inches.

Bind off loosely. Sew bound=off sts of sleeve to armhole edge bet markers. Sew side and sleeve seams.

Man's multi-stitch pullover, page 53.

Instructions are for size Small (36-38); changes for Medium (40-42) and size Large (44-46) are in parentheses. (Refer to the note below on *Finished measurements.)*

Materials: Bucilla Softex, 4-ply knitting worsted (4-oz. ball): 2 balls each of colors A, B, and C; Bucilla Horizon, 4-ply knitting worsted (2-oz. ball): 5 (6, 6) balls Main color (M). Sizes 7 and 9 knitting needles, or size to obtain gauge given below.

Gauge: On larger needles, 9 sts = 2 inches; 6 rows = 1 inch.

Finished measurements: Chest = 38 (42, 46) inches.

Instructions:

Back: With A and larger needles, cast on 86 (94, 104) sts. Change to smaller needles and work in k 1, p 1 ribbing for 3 inches. Break off A, attach M. Change to larger needles, and work in *Pattern 1* as follows: *Rows 1 and 2:* *P 1, k 1. Rpt from * across. *Rows 3 and 4:* *K 1, p 1. Rpt from * across. Rpt Rows 1 through 4 until total length measures 7½ (8, 8) inches.

Break off M, attach B and work *Pattern 2* as follows: *Row 1 (right side):* P 1 (1, 2) *k 4, p 4. Rpt from * across, ending with p 1 (1, 2). *Row 2:* K 1 (1, 2), *p 4, k 4. Rpt from * across, ending with k 1 (1, 2). *Row 3 (cable row):* P 1 (1, 2), *sl next 2 sts onto a toothpick and hold in front of work, k next 2 sts, k 2 sts from toothpick—cable made;* p 4. Rpt from * across, ending with p 1 (1, 2). *Rows 4 through 8:* Rpt Rows 2 and 1 alternately twice, then rpt Row 2 once more. (Rows 1 through 8 constitute the pat.) Work even in pat until total length measures 11½ (12½, 12½) inches.

Break off B, attach M, and work *Pattern 3* as follows: *Row 1:* K 1 (1, 2), * p 4, k 4. Rpt from * across, ending with k 1 (1, 2). *Row 2:* P 1 (1, 2), *k 4, p 4. Rpt from * across ending with p 1 (1, 2). *Rows 3 and 4:* Rpt Rows 1 and 2. *Rows 5 through 8:* Rpt Rows 2 and 1 alternately twice. (Rows 1 through 8 constitute the pat.) Rpt Rows 1 though 8 until total length is 15½ (16½, 16½) inches, ending with a wrong-side row. Place a marker in each end of last row to indicate ends of side seams.

Break off M, attach C and work *Pattern 4* as follows: *Row 1 (right side):* *K 1, *insert right-hand needle through the center of the stitch directly below the next st on left-hand needle and knit it—this forms a loose loop at back of work—a k 1 below made.* Rpt from * across. At end of each row, pull work down from needle to even up the loops. *Row 2:* *K the loose loop and the next st on left-hand needle tog; k 1. Rpt from * across. *Row 3:* *K 1, below, k 1. Rpt from * across. *Row 4:* *K 1, k the loose loop and the next st tog. Rpt from * across. Rpt Rows 1 through 4 until 5 (5, 5½) inches past markers.

Break off C, attach M and work *Pattern 5* as follows: *Row 1:* K across. *Row 2:* P across. *Rows 3 and 4:* K across. *Row 5:* P across. *Row 6:* K across. (Rows 1 through 6 constitute the pat.) Rpt Rows 1 through 6 until work measures 10 (10½, 11) inches past markers (flatten ridges slightly when

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for Back until total length measures 7½ (7½, 8) inches, inc one st at both ends of last row—52 (56, 60) sts. *Hereafter, keeping continuity of pats, inc one st at both ends every inch 8 times more.*

Break off M, attach B, and work *Pattern 2* as follows: *Row 1:* P 4 (2, 4), *k 4, p 4. Rpt from * across, ending with p 4 (2, 4). *Row 2:* K 4 (2, 4), *p 4, k 4. Rpt from * across, ending with k 4 (2, 4). Position of cable panels is established. Starting with Row 3, work as for *Pattern 2* of Back until total length measures 12 (12, 12½) inches—60 (64, 68) sts.

Break off B, attach M, and work

Materials: Bucilla Softex and Ho zon in the following colors a amounts: 8 oz. Dark Blue Softex (8 oz. Brown Horizon (B), 12 oz. Lig Blue Softex (C), 12 oz. Cream Soft (D), 12 oz. Blue Horizon (E), 8 oz. T Softex (F); size H aluminum croch hook.

Instructions:

(Note: Because of variations in ya textures and working tensions, the i and dec sequence given may not wo for all crocheters. If work begins to lo out of square, add or subtract incs a decs as necessary.)

With A, ch 2. 3 sc in second ch fr hook, turn. *Row 1:* Sc in each sc acr to last sc, 2 sc in last sc—inc made, 1, turn. Rpt Row 1 until work measu 6 inches, measuring diagonally back starting point each time. Change to and rpt Row 1 until work measures inches. Rpt pat changing colors ever inches, until all six colors have be worked. End work at top of triangle.

At this point change to A, make inc in first st at top of triangle, wo even across to last st, and make a d over last 2 sts, ch 1, turn. *Next ro* Make a dec in next 2 sts, work even last st, inc in last st, ch 1, turn. R last 2 rows until stripe is 6 inches wi Change to B, and work in pat esta lished until stripe measures 6 inch wide ending at top side (right edge) afghan.

Change to C, make a dec over fi 2 sts, work across, ch 1, turn. Rpt t row, changing colors in stripe pat tablished, until 2 sts rem. End off.

continued

continued

Sweaters and afghans

measuring). Bind off 26 (28, 31) sts at beg of next 2 rows; bind off rem 34 (38, 42) sts loosely for back of neck.

Front: Work same as for Back until 7 (7½, 8) inches past markers. *Neck shaping:* Work across 55 (61, 68) sts; sl last 24 (28, 32) sts worked onto a holder for front of neck; work rem 31 (33, 36) sts. Work in pat over last set of sts, dec one st at neck edge on every other row until 26 (28, 31) sts rem. Work even in pat until piece is same length past marker as Back. Bind off. Work other side to correspond. Sew right shoulder seam.

Collar: With right side facing, smaller needles, and A, pick up and k 20 (20, 21) sts, evenly spaced, along left neck edge, k 24 (28, 32) sts on front holder, pick up 20 (20, 21) sts along right neck edge to seam, pick up 38 (42, 46) sts across back of neck—102 (110, 120) sts. Work in k 1, p 1 ribbing for 5 inches. Change to larger needles and continue for 3 inches more. Bind off loosely in ribbing. Sew left shoulder seam and collar seam.

Sleeves: With A and smaller needles, cast on 44 (48, 52) sts. Work in k 1, p 1 ribbing for 3 inches, inc 6 sts, evenly spaced, across last row—50 (54, 58) sts.

Break off A, attach M. Change to larger needles, and work *Pattern 1* as



Pattern 3 as follows: *Row 1:* P 4 (2, 4), *k 4, p 4. Rpt from * across, ending with p 4 (2, 4). *Row 2:* K 2 (1, 3) * p 4, k 4. Rpt from * across ending with k 2 (1, 3). Position of sts is established. Work as for Pattern 3 of Back, inc as directed, until total length measures 16½ (16½, 17) inches—68 (72, 76) sts. *Incs have been completed.*

Break off M, attach C and work *Pattern 4* as for Back, inc as directed until total length measures 19 (19, 20) inches. Bind off loosely. Sew bound-off sts of sleeve to armhole edge bet markers. Sew side and sleeve seams.

Crocheted afghan, page 51
(Finished size is 50x62 inches.)




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continued

Sweaters and afghans

With E, sc 4 rnds around perimeter of afghan, making 3 sc in corners so that work lies flat. End off.

Knitted sampler afghan, page 54

(Finished size is 64 x 48 inches.)

Materials: Bucilla Softex, 4-ply knitting worsted (4-oz. ball): 4 balls of each color. Bucilla Horizon 4-ply knitting worsted (2-oz. ball): 8 balls of each color; size 9 knitting needles or size to obtain gauge given below; size H aluminum crochet hook.

Gauge: 9 sts = 2 inches

Instructions:

Afghan is made of forty-eight 8-inch knitted squares, worked with 8 different colors of yarn in the 6 different pats given below.

For each square pat, cast on 36 sts. Work Pattern 1, *below,* until work measures 8 inches. Cast off. Rpt pat in each of the 7 additional colors. Then work an 8-inch square in each of eight colors using Pattern 2, *below.* Rpt until all pats and colors have been knitted. 48 squares in all.

Sew, weave, or crochet squares together. Finish with 4 rnds of sc border, making 3 sc in each corner so that work lies flat.

Pattern 1—Row 1: *K 1, p 1. Rpt from across. *Row 2:* Rpt Row 1. *Row 3:* *P 1, k 1. Rpt from * across. *Row 4:* Rpt Row 3. Rpt these four rows for pat.

Pattern 2—Row 1: *P 4, k 4. Rpt from * across, ending p 4. *Row 2:* *K 4, p 4. Rpt from * across, ending k 4. *Row 3 (cable row):* *P 4, sl next 2 sts onto a toothpick and hold in front of work, k next 2 sts, k 2 sts from toothpick—cable made. Rpt from * across, ending p 4. *Rows 4 and 6:* Rpt Row 2. *Rows 5 and 7:* Rpt Row 1. *Row 8:* Rpt Row 2. Rpt these 8 rows for pat.

Pattern 3—Row 1: *P 4, k 4. Rpt from * across, ending p 4. *Row 2:* *K 4, p 4, Rpt from * across, ending k 4. *Row 3:* Rpt Row 1. *Rows 4 and 5:* Rpt Row 2. *Row 6:* Rpt Row 1. *Row 7:* Rpt Row 2. *Row 8:* Rpt Row 1. Rpt these 8 rows for pat.

Pattern 4—Row 1: *K 1, *insert right-hand needle through center of the stitch directly below the next st on left-hand needle and knit it—this forms a loose loop at back of work—a k 1 below made.* Rpt from * across. At the end of each row, pull work down from needle to even up the loops. *Row 2:* *K the loose loop and the next st on left-hand needle tog, k 1. Rpt from * across. *Row 3:* *K 1 below, k 1. Rpt from * across. *Row 4:* *K 1, k the loose loop and the next st tog. Rpt from * across. Rpt these 4 rows for pat.

Pattern 5—Row 1: K across. *Row 2:* P across. *Rows 3 and 4:* K across. *Row 5:* P across. *Row 6:* K across. Rpt these 6 rows for pat.

Pattern 6: K each row (garter st).

Child's cable socks, page 52

Instructions below are for size Small (4-5½); changes for size Medium (6-7½) and size Large (8-9½) are in parentheses.

Materials: Bucilla Softex, 4-ply knitting worsted (4-oz. skein); 2 skeins for each size. Sizes 2 (3, 4) and 4 (6, 8) knitting needles, or size to obtain gauge given below.

Gauge: (stockinette stitch) 5 (4½, 4) sts = 1 inch.

Instructions:

With larger needles cast on 38 sts. Change to smaller needles, and work in k 1, p 1 ribbing for 1 (1½, 2) inches. Change to larger needles and work in pat as follows: *Row 1:* P 2, *k 4, p 2. Rpt from * across. *Row 2:* K 2, *p 4, k 2. Rpt from * across. *Row 3 (cable row):* P 2, * *sl next 2 sts onto a toothpick and hold in front of work, k next 2 sts, k 2 sts from toothpick*—cable made; p 2. Rpt from * across. *Rows 4 through 8:* Rpt Rows 2 and 1 alternately twice, then rpt Row 2 once more. (Rows 1 through 8 constitute the pat.) Work in pat until total length is 9½ (11, 11½) inches, ending with a wrong-side row.

Heel (first half)—Row 1 (right side): *With yarn in back of work, sl 1, k 1. Rpt from * 4 times—10 sts on right-hand needle. Sl rem 28 sts onto a holder. *Row 2:* Turn, sl 1, p across. Rpt Rows 1 and 2 alternately 7 (8, 9) times more. *To turn heel—Row 1 (right side):* K 1, k 2 tog, k 1, turn. *Row 2:* Sl 1, p 2. *Row 3:* K 2, k 2 tog, k 1, turn. *Row 4 and 6:* Sl 1, p across. *Row 5:* K 3, k 2 tog, k 1 turn. *Row 7:* K 4, k 2 tog, k 1, turn. *Row 8:* Sl 1, p across—6 sts. Sl these sts onto a safety pin. Do not break off.

Heel (second half): Sl 10 sts from other end of holder onto larger needle, attach yarn with point of needle away from sts on holder. *Row 1 (wrong side):* *With yarn in front of work, sl 1, p 1. Rpt from * 4 times—10 sts. *Row 2:* Turn, sl 1, k across. Rpt Rows 1 and 2 alternately 7 (8, 9) times more. *To turn heel—Row 1 (wrong side):* Sl 1, p 2 tog, p 1, turn. *Row 2:* Sl 1, k 2. *Row 3:* P 2, p 2 tog, p 1, turn. *Rows 4 and 6:* Sl 1,k across. *Row 5:* P 3, p 2 tog, p 1, turn. *Row 7:* P 4, p 2 tog, p 1, turn. *Row 8:* Sl 1, k across—6 sts. Sl these sts onto a safety pin. Break off. With right sides facing, k across 6 sts on first half of heel, pick up 9 sts, evenly spaced across edge of heel, k across 18 sts of instep pick up 9 sts, evenly spaced along edge of heel, k 6 sts on safety pin—48 sts.

Instep—Row 1: P 15, place a marker on needle, p 18, place a marker, p 15. *Row 2:* K to 2 sts before marker, k 2 sts tog, sl marker, k to next marker, sl marker, sl 1, k 1, psso, k to end of row. *Row 3:* Slipping markers, p across. Rpt Rows 2 and 3 alternately until 36 sts rem. Remove markers. Work even in st st (k 1 row, p 1 row) until total length is 4½ (6, 7½) inches, measuring from center back of heel, and ending with a k row.

Toe shaping—Row 1 (wrong side): P 8, place a marker on needle, p 2, place a marker, p 16, place a marker, p 2, place a marker, p 8. *Row 2:* *K to within 2 sts before next marker, k 2 tog, sl marker, k 2, sl marker, sl 1, k 1, psso. Rpt from * once, k to end of row. *Row 3:* P across. Rpt Rows 2 and 3 alternately until 12 sts rem. Bind off. Sew side and toe seams.

Two-needle cable mittens, *below*



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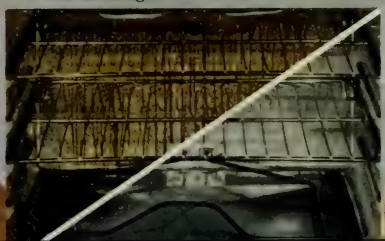
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continued

Sweaters and afghans

Instructions are for Child's size Small (2-4 years); changes for Child's size Medium (5-7 years), Child's size Large (8-10 years), Women's and Men's are in parentheses.

Materials: Bucilla Softex, 4-ply knitting worsted (4-oz. ball): 2 (3, 3, 4, 5) oz.; Size 3 (3, 3, 4, 5) knitting needles, or size to obtain gauge given below.

Gauge—Child's sizes: 13 sts = 2 inches; 9 rows = 1 inch. *Women's:* 17 sts = 3 inches; 15 rows = 2 inches. *Men's:* 5 sts = 1 inch; 7 rows = 1 inch.

Instructions:

Right mitten: Cast on 40 (45, 50, 55, 60) sts at cuff edge. Work even in garter st (k each row) for four rows. *Row 1 (right side):* K across. *Row 2:* *K 3, p 2. Rpt from * across. *Row 3:* *K 2, p 3. Rpt from * across. Rpt Rows 2 and 3 alternately for 15 (17, 19, 19, 19) rows, ending on wrong side. *Dec row:* *K 2, p 1, p 2 tog. Rpt from * across—32 (36, 40, 44, 48) sts. Work k 2, p 2 ribbing for 5 (7, 9, 7, 9) rows.

Hand—Child's size Small only—Row 1: K 2 tog, k 2, p 2, inc 1 st in each of next 2 sts, k 4, p 2, k 17, inc 1 st in last st—34 sts.

Child's size Medium only—Row 1: K 4, p 2, inc 1 st in each of next 2 sts, k 4, p 2, k 22—38 sts.

Child's size Large only—Row 1: Inc 1 st in first st, k 3, p 2, inc 1 st in each of next 2 sts, k 4, p 2, k 24, k 2 tog—42 sts.

Women's size only—Row 1: Inc 1 st in first st, k 2, inc 1 st in next st, p 2, inc 1 st in each of next 2 sts, k 4, p 2, k 30—48 sts.

Men's size only—Row 1: Inc 1 st in first st, k 5, p 2, inc 1 st in each of next 2 sts, k 4, p 2, k 2, inc 1 st in next st, k 29—52 sts.

Row 2 (all sizes): P 19 (22, 25, 30, 33), k 2, p 8, k 2, p 3 (4, 5, 6, 7). *Row 3:* K 3 (4, 5, 6, 7), p 2, sl next 4 sts onto a toothpick and hold in back of work k next 4 sts, then work the 4 sts from toothpick (cable made), work to end. *Row 4:* Rpt Row 2. Work 2 (2, 2, 4, 2) rows even in pat established.

Child's and Men's sizes only—Row 7: Work 17 (19, 21, 25) sts, inc 1 st in each of next 2 sts for thumb, work to end—36 (40, 44, 54) sts. *Row 8:* Work even. *Row 9:* Work 17 (19, 21, 23, 25) sts for back of hand, inc 1 st in next st, k 2, inc 1 st in next st, work to end—38 (42, 46, 50, 56) sts.

Women's size only—Row 10: Work even. *Row 11:* Work 23 sts for back of hand, inc 1 st in next st, k 2, inc 1 st in next st, work to end—52 sts. Continue to inc 2 sts every second row 4 (5, 6, 5, 6) times more, always having same number of sts at each side and 2 sts more bet incs each time, *and* repeating cable row every 10 rows. Work 1 row even after last inc row—46 (52, 58, 62, 68) sts.

Dividing row: Work 18 (20, 22, 24, 26) sts, sl onto holder for back of hand, k 13 (15, 17, 15, 17) sts for thumb, sl rem sts onto another holder for palm.

Thumb: P 1 row, k 1 row for 1¼ (1¾, 2, 2, 2) inches, ending with a k row.

Decrease row: *P 1, p 2 tog. Rpt from * across—7 (8, 9, 8, 9) sts. Break yarn, draw end twice through rem sts. Sew thumb seam from wrong side. Take up sts of back of hand, join yarn, and k 2

continued



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Anacin is strong. A special combination of medically recognized ingredients, free of stomach upset for millions. Anacin's pain reliever . . . the doctors #1 choice.

ANACIN
FAST PAIN RELIEF

Read and follow label directions.

"THE BEST REASON FOR BUYING A NEW GE REFRIGERATOR IS AN OLD GE REFRIGERATOR." —The Steele Family.



Jane Steele
Verona, New Jersey

GE refrigerators are really built to last. And my old "Monitor" is lasting proof!

Talk about a great investment! I got it in 1957, when it was 23 years old. And it still works like a charm.

Of course, it doesn't have all the improvements and innovations General Electric's added over the years. But it shows how dependable GE refrigerators are. As I told my daughter Mary Ellen, they just can't be beat!



Great Aunt Agnes Spina
West Orange, New Jersey

I've spent nearly half a century depending on GE refrigerators.

We bought one of these in the mid-fifties, after giving away the faithful "Monitor" Jane has now.

What a workhorse! Soda was always cold, ice cream was hard, and it never needed any service.

So naturally when we modernized again five years ago, we went right back to GE for a big, beautiful side-by-side.

General Electric refrigerators really hold up. We've had enough of them to know!



Mary Ellen Steele Burns
Totowa, New Jersey

General Electric is a name you grow up with. You know it's dependable.

So we felt confident that our lower-priced GE refrigerator would give us the same quality and reliability as the most expensive model.

My mother told me GE refrigerators were the best kind, and of course we did a lot of shopping around.

No other brand had the features GE did for the same money. Or was as nice-looking, inside and out.



Suzanne Steele Walsh
Morristown, New Jersey

Having had GE refrigerators in the family for so long impressed me more than any brochure or sales talk.

So when we buy our new refrigerator, it won't be a question of "whether GE," but of "which GE."

And I think I know which—this gorgeous dream of a side-by-side!

It has plenty of space, important with our five children. And adjustable glass shelves, great for cleaning up spills.

Separate temperature control for the meat pan. Automatic defrosting. And the GE dispenser that gives you chilled water, ice cubes, even crushed ice. I love the 'New Naturals'™colors, too—so soft!

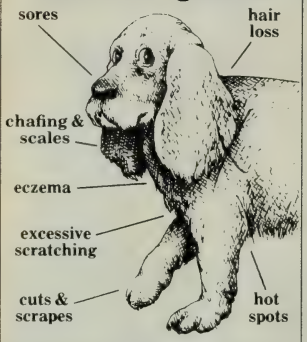
The reliability General Electric's been building into their refrigerators since Great Aunt Agnes bought hers makes me feel really confident.

Maybe some day *my* GE refrigerator will become a family heirloom too!

IT ALL ADDS UP TO A GOOD INVESTMENT

GENERAL ELECTRIC

The Simple Solution for 7 dog skin problems you can't afford to ignore.



If your dog has any of these skin problems, he needs special attention now...*before* his problems get worse. Get Sulfodene, a medicine developed by a veterinarian especially for dogs' skin problems. Just pat this painless, clear liquid on the problem areas. It kills germs, stops scratching, helps heal quickly. So, for your dog's skin problems, the simple solution is Sulfodene. In all pet departments. **Sulfodene** © 1979 COMBE Inc

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Location of building lot _____

continued

Sweaters and afghans

sts at base of thumb, take up and k palm sts—35 (39, 43, 49, 53) sts.

Hand: Work even until work measures 3¾ (4¾, 5¾, 12, 12½) inches above cuff, repeating cable row every 10 rows, *and* ending with a cable row. *First dec row:* P 3, *p 2 tog, p 2. Rpt from * across—27 (30, 33, 37, 40). K 1 row even.

Second dec row: *P 1, p 2 tog. Rpt from * across—18 (20, 22, 25, 27) sts.

Third dec row: *P 2 tog. Rpt from * across. Break yarn, and draw twice through rem sts. Sew seam from wrong side.

Left mitten: Cast on as for right mitten, and work to correspond until first dec row has been completed.

Hand—Child's size Small only—Row 1: Inc 1 st in first st, k 17, p 2, inc 1 st in each of next 2 sts, k 4, p 2, k 2, k 2 tog—34 sts.

Child's size Medium only—Row 1: K 22, p 2, inc 1 st in each of next 2 sts, k 4, p 2, k 4—38 sts.

Child's size Large only—Row 1: K 2 tog, k 24, p 2, inc 1 st in each of next 2 sts, k 4, p 2, k 3, inc 1 st in last st—42 sts.

Women's size only—Row 1: K 30, p 2, k 4, inc 1 st in each of next 2 sts, p 2, inc 1 st in next st—48 sts.

Men's size only—Row 1: K 29, inc 1 st in next st, k 2, p 2, k 4, inc 1 st in each of next 2 sts, p 2, k 5, inc 1 st in next st—52 sts.

Row 2: P 3 (4, 5, 6, 7), k 2, p 8, k 2, p 19 (22, 25, 30, 33).

Row 3: K 19 (22, 25, 30, 33) p 2, work cable over next 8 sts, work to end. Work 3 (3, 3, 5, 3) rows even.

Child's and Men's sizes only—Row 7: K 14 (16, 18, 24) sts for palm, inc 1 st in each of next 2 sts for thumb, work to end. Work to correspond to right mitten up to dividing row.

Women's size only—Row 9: K 22 sts for palm, inc 1 st in each of next 2 sts for thumb, work to end. Work to correspond to right mitten up to dividing row.

Dividing row: K 15 (17, 19, 23, 25) sts, sl onto holder for palm. K 13 (15, 17, 15, 17) sts for thumb, sl rem sts onto another holder from back. Finish to correspond to right mitten. Sew seam.

Crocheted hat, page 52

Materials: Bucilla Softex 4-ply knitting worsted (4-oz. skeins): 2 skeins each. Size J aluminum crochet hook.

Instructions:

Using two strands of yarn throughout, ch 4, join with sl st to form ring. *Rnd 1:* Ch 2, work 11 hdc in ring, join with sl st to top of ch 2—12 hdc counting beg ch 2 as 1 hdc. *Rnd 2:* Ch 1, * (yo, insert hook between next 2 hdc and draw up a lp) 3 times, yo and through all 7 lps on hook—a cluster made; ch 1. Rpt from * 11 times more, join with sl st in top of first cluster—12 clusters.

Rnd 3: Ch 1, *3 dc in next ch 1 sp, (1 cluster, ch 1, 1 cluster) in next ch-1 sp. Rpt from * 5 times more, join. 6 cluster groups and 6 dc groups. *Rnd 4:* Ch 1, *work 1 *front* dc as follows: yo, insert hook from front to back around post of dc, yo, draw up a lp—3 lps on hook, complete dc in usual way, work 1 *back* dc by yo, inserting hook from back to front around post of dc, complete in usual way, work 1 *front* dc, 1 dc between last dc and next cluster, (1 cluster, ch 1, 1 cluster) in next ch-1 sp, 1 dc between last cluster and next dc. Rpt from * 5 times, join.

Rnd 5: Ch 1, work 1 *front* dc, 1 *back* dc, 1 *front* dc, 1 *back* dc, *(1 cluster, ch 1, 1 cluster) in next ch-1 sp, 1 *back* dc, 1 *front* dc, 1 *back* dc, 1 *front* dc, 1 *back* dc. Rpt from * 4 times, ending (1 cluster, ch 1, 1 cluster) in next ch-1 sp, 1 *back* dc in last dc, join. Rpt rnd 5 seven times more.

Rnd 13: Ch 1, work (1 cluster, ch 1, 1 cluster) between ch 1 and first dc (1 cluster, ch 1, 1 cluster) between 4th and 5th dc, *(1 cluster, ch 1, 1 cluster) in next ch-1 sp, (1 cluster, ch 1, 1 cluster) between 1st and 2nd dc of next dc group, (1 cluster, ch 1, 1 cluster) between 4th and 5th dc of group. Rpt from * 4 times, (1 cluster, ch 1, 1 cluster) in next ch-1 sp, join—18 cluster groups.

Rnd 14: Ch 1, *(work 1 cluster, ch 1, 1 cluster) in next ch-1 sp. Rpt from * around, join. Rpt rnd 14, five times more, do not fasten off. *Final rnd:* Ch 1, working from *left to right,* work 1 rnd sc around entire edge, join. Fasten off.



"I was skeptical. I didn't think my Potscrubber® III dishwasher would get off dried barbecue sauce."



Brenda Dixon

Mrs. Brenda Dixon,
Dallas, Tx.

Just for the two of you... new Ortho* Personal Lubricant.



Until now, when additional lubrication was needed, many married couples relied on an all-purpose petroleum jelly. But it has its disadvantages. It's greasy and it can stain.

New Ortho Personal Lubricant overcomes these disadvantages. It's a greaseless, stainless, gentle formula that provides additional lubrication safely. But, more important, it was specifically designed for intimate use.

Ortho Personal Lubricant has been thoroughly researched, tested and medically shown to be safe, nonirritating, and compatible with delicate tissues. Whenever you need extra lubrication, this is the ideal answer: Greaseless, soothing, safe—Ortho Personal Lubricant.

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Consumer Products Division
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SHOPPING

How to order material from the magazine



Alliums Add exotic late-spring bloom to your flower borders and perennial beds with Alliums (shown in this issue). Better Homes and Gardens® twenty-one bulb package contains **three Giganteums** (violet blue), **three Stars of Persia** (lilac), **three Karatavienses** (silvery-pink), and **twelve Molys** (golden yellow). Heights are from 12"-48" (see chart on page 168). The often globe-shaped flower clusters range from three to twelve inches wide. Alliums make long-lasting cut flowers. They are also popular in dried flower arrangements since they retain most of their original color. Order your package of Allium bulbs now for planting this fall.



Perennials You Can Grow—Over 100 favorite perennials are illustrated with drawings and color photos in this 96-page hardbound book. Information on growing zones, height, color, bloom schedules, and culture make this a book any avid gardener should not be without!



Container Plants You Can Grow—Complete instructions for plants for patios and decks, window boxes, hanging baskets, strawberry jars, and tips on summering houseplants outside make growing portable plants easy and fun. This 96-page hardbound book with over 66 color photos suggests ideas for every purpose and location. Plants from seed, bulbs, trees, shrubs, vines, and vegetables are all included.

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Thank you, Mrs. Dixon. In fact, the Potscrubber® III dishwasher is the best General Electric has ever made. It holds more dishes, cleans them better than ever and it runs quietly too.

The Potscrubber III dishwasher also uses less hot water, to save you money, and has a special energy-saver button to save you even more.

The Potscrubber III dishwasher. **It's the best dishwasher we've ever made.**

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DORAL II

Only 5 mg tar. No other cigarette with this little tar...



...has this much taste.



ONLY 5 MG TAR

Get what you never had before: Satisfaction with ultra-low tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued from page 61

Evergreens

How to plant an evergreen

To get evergreens off to a good start, it's best to plant them in the early spring or fall when the weather is cool and moist. Unlike many deciduous trees that can be sold bare root, evergreens must always have a ball of earth around their roots. Most evergreens are sold with their roots wrapped in burlap, but some evergreens are sold in metal or plastic containers.

After you've purchased your evergreens, place them in a cool, shady spot protected from severe weather until you are ready to plant. Keep the soil ball moist at all times and spray the entire plant with water once a day. For best results, plant as soon as possible after you bring your evergreen home.

To plant balled and burlapped or container-grown evergreens, dig a hole larger than the root ball of the plant. If your soil is hard and compact, it's a good idea to loosen the bottom and sides of the hole with a spading fork. Then, mix in plenty of organic matter and several cups of coarse bone meal.

When the planting hole is ready, set the plant in the hole at the same level it grew before. This level is usually visible as a stain or ring around the bark. Do not remove the burlap from balled and burlapped plants. Simply loosen and roll the burlap halfway down the side of the root ball after the plant is in place. The roots of the plant will grow right through the burlap. When you plant evergreens that are growing in metal or plastic containers, slit the container just before planting and then gently remove the evergreen, soil and all.

When the plant is in position, fill in the rest of the hole with improved soil and compost. Tamp the soil down, and water deeply to eliminate any air pockets in the soil. Then, add several inches of a straw or bark chip mulch to eliminate weed competition and increase soil moisture.

It's important to remember that evergreens have no dormant season, and so they must be protected from weather extremes until they get established. Shade newly planted evergreens from bright sunshine or add a burlap windscreen in windy locations.

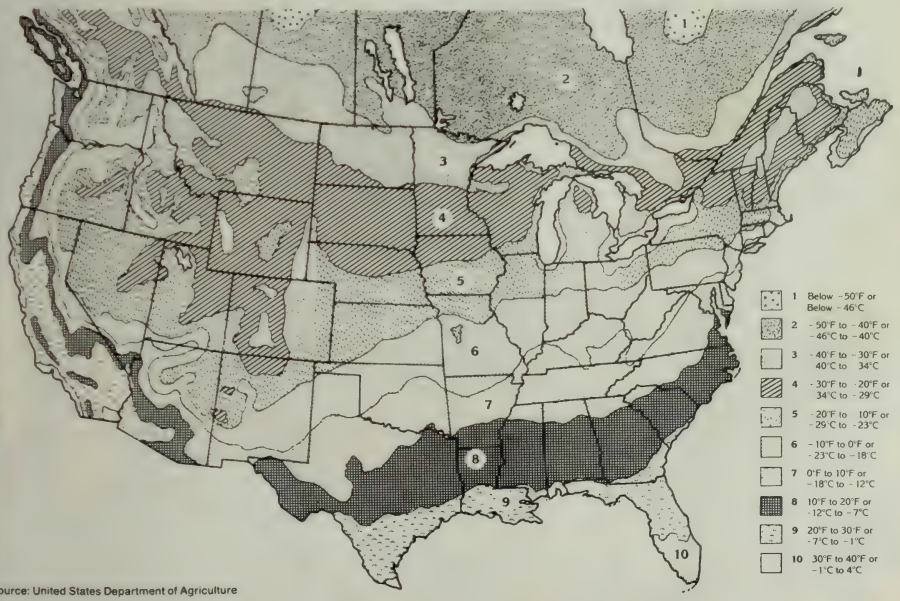
Zones of plant hardiness

Throughout our evergreen charts on pages 58 and 61 we have referred to a zone of hardiness for each species listed. The United States Department of Agriculture set up the zones to serve as guidelines in determining how far north a certain plant species will grow.

These zones of hardiness are your best indication of how well a certain evergreen will grow if it is planted in your region. For this reason it's wise to always check a plant's zone of hardiness before you buy.

Keep in mind, however, that zone boundary lines are not absolute. You can expect temperatures to vary as much as five degrees Fahrenheit from those given on this map. You must also consider localized conditions. Hills and valleys in certain areas do not always have the same high and low temperatures as those recorded at the official weather bureau stations.

Other factors to check before selecting plants include: rainfall, wind, humidity, and soil. A specific evergreen may survive zone 6 in New Jersey, but be unadaptable to the same zone in Texas due to rainfall differences.



Source: United States Department of Agriculture

Two Super Furniture Values from Sears

Save $150 on 4-piece Open Hearth Bedroom

Triple Dresser, Large Chest, Deck Mirror & Full/Queen Headboard





Come in today and save $150 on a Sears Best. The Sears Best label tells you that each piece of Open Hearth furniture has met Sears high standards of quality. Quality you can see and touch. Sears ★ Best

Save $150 on a sturdy bedroom set built with long-lasting tongue-in-groove and mortise-and-tenon piece construction. For extra strength, corner cleats and blocks are screwed and glued firmly into frames.

Each piece uses only kiln-dried white pine and fine grade white pine veneers. That mellow, honey pine Open Hearth finish calls for staining, antiquing, highlighting, hand-rubbing—26 painstaking steps in all.

Chest and dresser drawers have ball bearing guides for smooth sliding. Positive stops to keep drawers from being accidentally pulled out too far. Dovetail joints for extra strength and no-snag insides with rounded top edges.

You'll find casters on chest and dresser for easy mobility. And recessed hardboard back panels for added stability.

Dates may vary in Alaska and Hawaii.

SALE
August 26—September 15, 1979

Save $150 on 5-piece Open Hearth Dining Room

Save $150 on this elegant dining room set. The oval table has a 1¾-inch thick wood veneer top, solid hardwood legs and two 10-inch wide leaves. Side chairs have saddle shaped seats of solid pine.

Save an additional $150 when you buy matching buffet and hutch to complete your Open Hearth Dining Room.

These Super Furniture Values are available in most larger Sears retail stores from August 26 through September 15.

Oval Table and Four Side Chairs



Sears

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Where America Shops For Value

HARVEST VACATIONS IN AMERICA'S WINE COUNTRY

BY GEORGE BUSH

Wine grows best in glorious country—on mountain slopes and hillsides where sunshine warms the grapes all day long, and on the rims of rivers and the shores of lakes where nearby waters discourage early frost. So if you're planning a fall vacation, go where the vineyards are. You're sure to love the landscape, relish the wonderful weather, and delight in the harvesttime happenings.

What's on tap when

Autumn is high season in wine country. That's when the sweet, juicy grapes are harvested and crushed, and new ferment bubbles in the vats. You can watch it all happen, join in the picking, and eat your fill of the bulging fresh fruit. Then, there are harvest festivities: ceremonial grape crushing—barefooted stompers with skirts and trousers hoisted high to miss the spatters—dancing, feasting, and endless tasting.

Not that wineries won't welcome you in other seasons, too. Most offer tours and tastings throughout the year (free or for a nominal charge). Many stage special events for visitors, such as open-air concerts and dramas, hayrides, workshops, and walks through the vineyards. Often there are picnic grounds, too. If not, you can spread out your tablecloth anyway—even if you don't choose to buy a bottle of your favorite vintage.

Where to go

Wineries are located all over the country, not just in the traditional wine-growing regions of California and New York. They're also situated in surprising places like Pennsylvania, Ohio, Michigan, Illinois, Wisconsin, even Arkansas. For an inviting cross-country sampling of wineries in outstanding vacation areas, read on.

continued



Picking your own—not only grapes but apples, too—is one of the delights at New York's Hudson Valley Winery, along with activities like bass fishing and hayrides.



Flamenco dancers perform in the sunshine at the Sonoma County Harvest Fair.



You may visit vineyards and inspect new crops as you tour Sonoma County byways.



Hillsides around New York's Finger Lakes abound with vines. In autumn, winery visits vie in popularity with guided tours of the famed Corning Glass Center nearby.

Photographs: George Bush

Save $100* on Sears Country American Sofa. Now only $399.88

*This is the minimum savings nationally. Regular prices vary in some markets.

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Ashcroft I Sofa Sleeper on Sale. $399.88. *Designed for easy opening. Fitted with firm, 4-inch thick polyurethane foam mattress. Plaid upholstery of 100% Herculon® olefin treated with* SCOTCHGARD® *Brand Fabric Protector. Ashcroft I sofa also on sale for just $299.88.*

Sears Super Value time is the ideal time to treat your living room to the garden fresh Country American look.

You save $100 on Sears Country American Ashcroft II sofa. *Sturdy* is the word for the kiln-dried wood frame and convoluted wire seat construction. And *comfortable,* thanks to plump quilted seat cushions and tufted back and arm pillows. *Cheerful* describes the floral upholstery of 100% flocked nylon (treated with SCOTCHGARD® Brand Fabric Protector).

Complete the Country American look with matching chair and ottoman *also on sale.* Save now on all these Super Values. In most larger Sears retail stores from August 26 through September 15.

Sears Where America Shops For Value

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Prices and dates may vary in Alaska and Hawaii.

WINE COUNTRY VACATIONS

HIDDEN WINERIES OF HECKER PASS

About 80 miles south of San Francisco and only a few minutes from one of California's most traveled tourist routes (between San Francisco and the Monterey Peninsula), there's a cluster of four small, virtually unknown family wineries that produce some of the region's finest vintages. These wineries are nearly hidden in a lush, tranquil valley less than ten miles west of Gilroy in Santa Clara County. You'll come upon them just before State-152, that almost deserted two-laner, begins its climb to Hecker Pass, the spectacular mountain gateway to Monterey Bay.

Old-country atmosphere

Bertero's is the oldest winery in these parts. Besides producing Pinot Noir and Burgundy, it makes some hearty, big-bodied Italian-type wines not usually found at larger, more commercialized establishments. At the Live Oaks Winery, the owner, Pete Scagliotti, prides himself on his sauterne. Then up the road, you'll see Fortino Winery, a relative newcomer to the area but a consistent award-collector for its fragrant, deep-red Petit Syrah. Finally, there's the Hecker Pass Winery, another prizewinner.

The Hecker Pass operations specialize in intimate old-country atmosphere. You can chat with the owners about wine and viticulture for hours. Except for a general harvest festival in cooperation with other South Santa Clara County vintners (the first Saturday in October), no special tourist events are staged. But there's plenty of tasting, conversation, and conviviality—free. The wineries are normally open 9 a.m. to 5 p.m.

Exploring the region

You can make one of the nearby motels in Gilroy your headquarters for exploring the region. You'll be within about an hour's drive of Carmel to the west, the San Luis Recreation Area on Pacheco Pass to the east, and rugged pinnacles of the Gabilan Range to the south. Moreover, there's a beautifully preserved frontier town called San Juan Bautista almost next door. The town's sun-drenched plaza and the venerable structures around it are a State Historical Park.



The old Spanish mission in sleepy San Juan Bautista, once the hub of seven stagecoach lines, is a favorite sight-seeing stop about 20 miles from the Hecker Pass vineyards.



Cabernet comes from rich, dark grapes like these harvested at Fortino Winery.

From the crest of Hecker Pass and along its western switchbacks, there's a splendid panorama of central California (best at sunset). Continue west down the Hecker Pass road, through Watsonville and endless strawberry fields and artichoke farms, and you'll soon be back in the lowland rush to Monterey and Carmel.

Peninsula pleasures

There, on the Peninsula, you'll find resort life, restaurants, shops, and discos aplenty. Seafood bars stand shoulder to shoulder on wave-washed pilings of Monterey Wharf. On Monterey's Cannery Row, eateries and dance bars have replaced the old fish factories. Good dining choices include China Row, the more expensive Sardine Factory, and the beer, pizza, and live-music Warehouse.

More sedate Carmel offers a grand beach for sunning and cozy tree-shaded streets lined with charming houses. One of Carmel's several unusual restaurants is the Hog's Breath, where you dine on a patio by flickering firelight. Among good Carmel hostelries are the Carmel River Inn, with luxurious cottages in a pine forest (about $40 double), and the Normandy Inn ($25 to $35 double).

Not surprisingly, the Monterey Peninsula has its own winery, though the grapes are mostly brought in from other vineyards. This establishment (on the Monterey-Salinas Highway close to the Peninsula Airport) is in an old ivy-clad mansion (open 10 a.m. till dark daily). The big event there is the Vintage Festival (October 7 this year). The $9 admission covers food, wine, and festivities.

Write to the Monterey Peninsula Chamber of Commerce, Box 1770, Monterey, California 93940, for information on that area. Elsewhere around Hecker Pass, contact the Office of Visitors' Services, State of California, 1120 N. Street, Room 2224, Sacramento, California 95814.

continued

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TRUE 100's SLASHES TAR

40%



Unexpected taste at its lowest tar ever.

SONOMA: WHERE IT ALL BEGAN

Modern viticulture as we know it came to this country with a Hungarian nobleman who brought along thousands of vine cuttings when he emigrated from central Europe. This quaffing count found ideal grape-growing conditions at the Mission San Francisco de Solano in what's now the town of Sonoma (40 miles north of California's Golden Gate).

The count's original Buena Vista Winery, shrouded with ivy in a fairy-tale forest about two miles from town, still produces fine wines and offers a tour that includes old limestone caves (open 10 a.m. to 5 p.m.).

The winery of the Sebastiani Vineyards (near the Mission) is more modern in appearance. Though it was founded in 1904, the winery is still in the same family, and the personal touch shows (open 10 a.m. to 5 p.m.).

Highlights from yesterday

The 1823 Mission is now a museum, part of the Sonoma State Historical Park. At nearby Glen Ellen, there's a historical park that commemorates Jack London (both parks open daily).

In Sonoma, you can stay overnight in the charming, historic Sonoma Hotel. Outside of modern plumbing, everything remains pricelessly antiquey and yesteryear cozy (doubles $30 to $50). Make reservations in advance, especially if you visit during the Valley Vintage Festival on September 15-16. For good eating, try The Capri and Gino's, both Italian and reasonably priced. For picnic fixings, shop at the Sonoma Cheese Factory.

Russian River wineries

Up north, on the other side of Santa Rosa about 70 miles from San Francisco (off US-101), more than a dozen wineries are accessible via quiet country roads along the Russian River. Sonoma Vineyards is a redwood extravaganza with a Greek-style amphitheater for picnicking and summer concerts. Smaller and more intimate are the Nervo Vineyards and the more remote Alexander Valley Vineyards, whose winery occupies an 1840s homestead. Geyser Peak Winery offers tours (by appointment) through terraced vineyards in the shadows of Geyser Peak.

Excellent Italian cuisine is served at The Rex in Geyserville and at Fiori's and Negri's in Occidental. More elegant and expensive dining awaits at the Souverain Winery. For accommodations near the wineries, try The Oaks in Cloverdale (doubles about $20; family units, $25).

For a map of Russian River vineyards, write Russian River Wine Road, Box 127, Geyserville, California 95441. Get a map of local farms that sell everything from almonds to apples from Sonoma County Farm Trails, Box 6043, Santa Rosa, California 95406 (enclose a stamped, self-addressed envelope). For general information, contact the Santa Rosa and Sonoma County Visitors Bureau, 637 First Street, Santa Rosa, California 95404.



High-stepping stompers compete in the grape-crushing contest, a traditional event at the big Sonoma Harvest Fair. Juice is caught in the jugs below the stomping tubs.



California's Old Faithful performs right on time in the thermal region of Napa Valley.

NAPA VALLEY NEIGHBOR

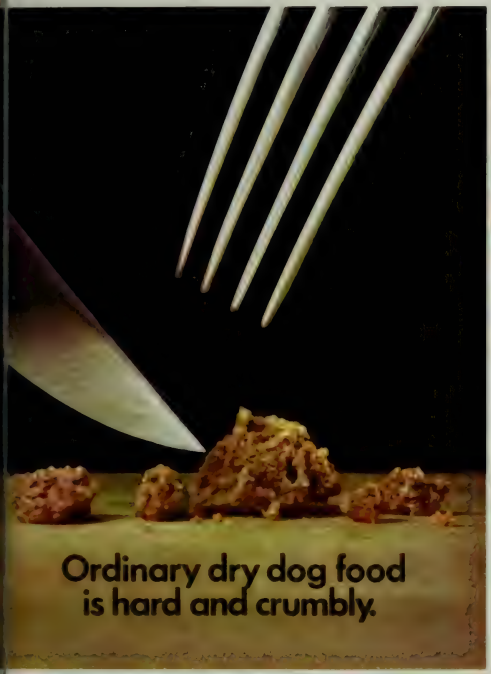
California's Old Faithful, the country's only predictable geyser besides the one in Yellowstone, is among the many attractions in California's Napa Valley, Sonoma's famous neighbor. And on State-29 between Calistoga and Napa, you'll find big-name wineries like Christian Brothers, Charles Krug, Louis Martini, Beaulieu, Beringer, and Inglenook. Among the most interesting stops are: Robert Mondavi (be sure to taste the Fumé Blanc); Sterling Vineyards (you ride a cable car to reach this mountaintop winery); and Domaine Chandon, where you pay for tasting and can indulge in a delicious champagne lunch for $8.50.

Napa Valley's other highlights include sailplane flights out of the Calistoga Gliderport (about $25), hot-air balloon rides at Napa (about $50), and the Silverado-Robert Louis Stevenson Museum at St. Helena.

Most scenic access to Napa Valley from Sonoma is the Trinity Road from Glen Ellen (about 20 winding mountain miles). From the Russian River area, take the Alexander Valley Road (State-128). For more detailed information and specific winery locations, contact the Napa Chamber of Commerce, 1900 Jefferson Street, Napa, California 94558 (enclose $1 for a wine country map).

continued

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Ordinary dry dog food is hard and crumbly.



Tender Chunks cuts and chews like lean meat.

That's the difference your dog will love.

It's good for him, too. Tender Chunks and Tender Chunks Beef & Liver Flavor are both completely balanced, with all the nutrition he needs every day.

Let your dog choose the big bag dog food he really likes. We bet he goes for the Ken-L Ration Tender Chunks difference.





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WINE COUNTRY VACATIONS

NEW YORK'S LOVELY FINGER LAKES

Western New York's Finger Lakes vacation country ranks next to California as a prominent wine-growing region. On the long, gentle ridges that surround the Finger Lakes, grapes grow in abundance, and several big wineries welcome passersby thirsty for the knowledge and product of the vintners' venerable trade.

The area originally grew only the Northeast's native labrusca-type grapes like Catawbas and Delawares, which have a strong grapey flavor. As the years passed, however, European viniferas were added and hybrids developed, so the region now produces its own excellent varietals. They range from dry to sweet, brisk to fruity, airy champagnes to solid sherries.

After you see the grapes harvested and crushed, you can descend into deep cellars that smell musty sweet from fermentation. There the juice turns into wine in 100-year-old oaken vats. The final steps, though not as romantic, are no less fascinating: modern bottling, corking, capping, labeling, and packing. Everything is impressively mechanized at these big-volume establishments.

Lake Keuka wineries

Around Hammondsport, at the tip of Lake Keuka, you can visit five producers: Gold Seal Vineyards, Taylor, Great Western, Bully Hill, and Hammondsport wine companies. Then in Naples, about a 30-minute drive west across the hills (on State-53), is Widmer's Wine Cellars. All tours are climaxed by leisurely tasting, usually with hors d'oeuvres—and it's all free.

Great Western serves champagne. Gold Seal and Taylor start their presentations with a film, as does Widmer's, where the sherry is aged by the old Spanish *solera* method (kegs are exposed to the elements for four years). At Bully Hill, you also can visit a museum that displays early wine-making apparatus ($1).

In general, these wineries are open from about 9 a.m. to 4 p.m. most weekdays through September, though some stay open later in the year, some close for lunch, and others are open on Sundays, too. For specifics, check with the address below.



Photograph: Ozzie Sweet

Tasty wines from native labrusca grapes and varieties from Europe are harvested along New York's Finger Lakes. Wineries in the Hammondsport area invite visitors to take guided tours and taste their diverse products—from sherries to champagnes.



The Hammondsport Depot still ships wine on the "Champagne Trail" railroad.

More area attractions

While at Hammondsport, don't miss the Glenn H. Curtiss Museum of Local History, named in honor of the town's native son who became one of America's great pioneer aviators. This Museum has something for everyone—antique toys, early aircraft, fire engines, Edison phonographs, motorcycles, and 19th-century dolls and quilts.

From the wineries, it's an easy drive to Corning and its Glass Center (open daily 9 a.m. to 5 p.m.; $1), where you can watch glassblowers fashion molten silica into all kinds of shapes. The remarkable Corning collection illustrates the history of glass all the way back to the Egyptians. You'll see glass that's light as cork, heavy as iron, soft as cotton, fragile as eggshell, and tough as steel.

Big autumn events in the Finger Lakes district include the Canandaigua Cup Bicycle Race and Canaltown Days in Palmyra, both in September, and the Grand Prix sports car race at Watkins Glen in October.

The area is blessed with good eateries, too, including the Penn Yan Inn, The Hilltop, and Jensen's Steamboat Restaurant in Penn Yan; The Lodge on the Green (which also has a good motel) in Painted Post near Corning; Bob and Ruth's Vineyards; the Naples Hotel and the Redwood Restaurant in Naples; and the more expensive Snug Harbor, with a dining terrace that overlooks Keuka Lake at Hammondsport.

For winery schedules and general area information, write the Finger Lakes Association, 309 Lake Street, Penn Yan, New York 14527.

continued

WHAT DOES NO-WAX VINYL FLOORING REALLY MEAN?

Since the introduction of no-wax vinyl floors, people have been blinded by dazzling claims and a singular lack of facts.

And so we at GAF—the makers of Gafstar® sheet vinyl and floor tiles—have decided it's time to do some eye-opening.

NO-WAX MEANS LESS CARE, NOT NO-CARE.

Contrary to what some manufacturers would like you to believe, all no-wax floors—even ours require a degree of care.

They should be damp mopped occasionally. And after a long while you may want to apply a floor dressing to restore the shine to its original lustre.

MAKE SURE YOUR NO-WAX ISN'T A YES-WAX.

There are a lot of so called no-wax floors that aren't no-wax at all. To make sure you're getting a real no-wax floor ask your flooring salesman if it has what's called a no-wax wear-layer surface.

At GAF when we say no-wax that's exactly what we mean. We have many different kinds of durable wear-layer surfaces. Including our standard vinyl, our exclusive SVS™ (Super Vinyl Surface) and urethane (used on the Gafstar® Brite-Bond™ floor tiles pictured above.) The wear-layer is there to provide an extra layer of protection between the floor and the assaults of everyday family life. And no matter what anyone tries to tell you, remember this: without a no-wax wear-layer, even the shiniest floor won't stay shiny for long.

WHICH NO-WAX FLOOR IS RIGHT FOR YOU?

All no-wax floors are not alike. Some have a high gloss, some don't. Some are tougher than others, some more fade and scuff resistant. Some you can install yourself, some you shouldn't install yourself. And, of course, there are all kinds of designs and colors. Which no-wax you decide on will depend in large part upon where it's going and what you want to spend. What's essential is that you open your eyes to a wealth of possibilities.



Gafstar® Brite-Bond™ Floor Tiles.

At GAF we have the widest range of no-wax surfaces available. In both sheet vinyl and floor tiles. And in just about every color and design point-of-view imaginable.

We hope we've opened your eyes to what no-wax vinyl floors are all about. And if you happen to end up with a Gafstar no-wax vinyl floor, all we can say is you've really seen the light.

For more information, or for the name of your nearest GAF Gafstar dealer, call toll-free anytime, 800-223-0344.*

*In N.Y. State call 800-442-8169. In Metropolitan N.Y. area call (212) 582-7600, ext. 8027.

GAF GAFSTAR VINYL FLOORING

WE'RE OPENING PEOPLE'S EYES UP ABOUT VINYL FLOORING.

BHG-979

WINE COUNTRY VACATIONS

WINE FROM THE HUDSON VALLEY

Don't waste time looking for cozy small wineries in New York's Hudson River Valley. Any attraction within easy range of New York City makes it big or doesn't make it at all.

Festivities aplenty

Hardly a weekend goes by that the Hudson Valley Winery at Highland, New York, doesn't schedule entertainment: picnics in summer, harvest festivals in fall, plus special grape-stomping contests, wine tasting, vineyard hayrides, even cross-country skiing. Special celebrations are held under a colorful big top, where you can join in the tasting (which sometimes includes wines from other countries), sample tempting fare, and enjoy dancing and other festivities. On December weekends, there are Christmas celebrations, complete with Santa Claus, mulled wine, and horse-drawn sleigh rides.

The Winery, 70 miles north of Manhattan along State-9W (go east from Exit 18 on the New York State Thruway), is open weekdays 11 a.m. to 3 p.m. April through November; every weekend 11 a.m. to 5 p.m. On weekdays, the admission is $2, children free; $4 on weekends, $1 for ages under 18. The price covers the tour, tasting, and a snack pack of bread, fruit, and cheese, fishing in a well-stocked bass pond, plus a free hayride or sleigh ride on weekends. Apple orchards are part of the old winery estate, and when the fruit is ripe, you can pick it free on the Winery's Apple Picking Weekend (about $2 a bushel other times).

Oldest winery

The Brotherhood Winery at Washingtonville is even closer to New York City (from the Thruway north, take State-17 west to State-208 north). The Winery, founded in 1839, is actually the oldest in the country. This establishment's popularity isn't surprising, since its ancient aging caves are the most impressive and extensive this side of the Atlantic.



The Hudson Valley Winery is a tourist attraction in itself, with big harvest festivals and other special happenings, including hayrides and sleigh rides through the vineyards.



On tours of winery cellars, you're invited to sample the wine from aging casks.

The Winery offers an especially good tour, including the basics of wine making and its history. Of course, the finale of all the tours is tasting—sweet wines and blends from labrusca grapes and hybrids. Besides that, there's even a wine tasting workshop. Till November 26, Brotherhood is open weekends 10 a.m. to 4 p.m.; weekdays till November 10, usually from noon to 3 p.m. You pay $1.50 per car.

Yet a third winery in the area is the Kedem family's establishment at Milton, south of Highland on State-9W. The Kedem Royal Winery specializes in kosher wines and is open daily except Saturday May through December; Sundays only (when there's a $1 parking fee) the rest of the year. May and November are festival times, with the Harvest Festival on the last three Sundays of November.

Hudson Valley highlights

You can fit winery visits into an enjoyable trip along the Hudson, which is never more beautiful than in fall. Travel up one side and down the other, crossing over on the toll bridge above Kingston.

On the western bank, visit West Point and its military museum (phone 914/938-3507 to see if you might catch a dress parade). On the east bank, there's Sunnyside, Washington Irving's magnificent country retreat in Tarrytown. Farther north in Dutchess County is Franklin D. Roosevelt's home and library in Hyde Park. A little farther north at Rhinebeck, World War I planes put on an exciting show every Saturday and Sunday afternoon through October.

You'll encounter a number of pleasant restaurants en route. Among them are the Ship Lantern Inn at Milton, the River View Inn at Cold Spring, and the excellent and modestly priced Beekman Arms at Rhinebeck, reputed to be among the oldest hotels in America.

For area information, write the Hudson River Valley Association, 2 Westchester Plaza, Elmsford, New York 10523.

continued

Homeowner Battles High Fuel Prices

Adds Second Layer of Owens-Corning Fiberglas Insulation

Emerges From Attic Triumphant

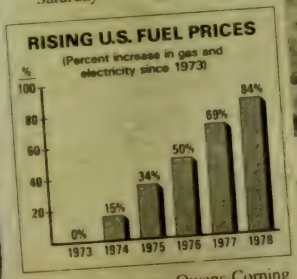


"Saving energy is easier than I thought," says Toledo homeowner.

TOLEDO, OHIO—"I was sick and tired of paying sky-high fuel bills," says Mr. R. Jenkins, "and I finally found a way to fight back."

Mr. Jenkins is referring to what he calls his "afternoon in the attic."

"Saturday morning I went out and bought some more Owens-Corning Fiberglas insulation. That afternoon I installed it myself. I figure with what I save on energy, the insulation will pay for itself over the next few years."



Part of a Trend

A lot of homeowners are installing insulation, spurred by soaring fuel prices (see chart).

As Mr. Jenkins says: "I already had insulation, but it was installed before fuel was so expensive. In my attic, *more* insulation will save *more* energy."

Mr. Jenkins has brought the levels of insulation in his attic up to the full 12" recommended for his area. "It was pretty easy," he says. "The insulation

(Continued on page C-11)

Tight Gas[illegible] Supplies Expected This Year

The energy battle is being waged all across America.

As the cost of energy goes up, homeowners are searching for places to conserve. And they find that the attic is a good place to start.

Even those attics which already have some insulation allow small amounts of heat to escape in the winter, and enter in the summer. As long as energy was cheap, this waste didn't matter.

But today, energy isn't cheap. So you may need more insulation.

In severe climates, an attic may need up to a *foot* of Owens-Corning Fiberglas* insulation, with insulating power of R-38. (R stands for resistance to heat. The higher the R-value, the greater the insulating power.) Even in balmier climates, attics usually need a minimum of six inches (R-19).



Your Owens-Corning dealer or contractor can help you figure the exact amount you need, depending on climate, type of fuel, and various other factors.

So if you're tired of paying sky-high fuel bills, come talk to us. We'll help you do battle.

*T.M. Reg. O.-C.F. Corp. ©O.-C.F. Corp. [illegible]

WINE COUNTRY VACATIONS

WINERIES IN UNEXPECTED PLACES

Wherever you travel, there's likely to be wine-producing country nearby. Besides the areas surveyed below, wine-country touring awaits in Virginia, Maryland, and New Jersey in the east; Indiana and Missouri in the Midwest; and Washington and Oregon on the west coast. Contact the appropriate state travel bureaus for the particulars.

Bucks County, Pennsylvania

The historic Delaware River tempers the climate and helps grapes grow. The small new Bucks County Vineyards and Winery (near New Hope) cultivates mostly French-American hybrids (open daily except Sundays, with special events like Bavarian dances in fall). Buckingham Valley Vineyards, south of Buckingham, also offers weekday tours.

Nearby, you can wander the bucolic towpath of the Delaware Canal, browse New Hope shops and boutiques, and visit Washington Crossing State Park. For area information, write the Bucks County Historic-Tourist Commission, Oxford Valley Mall, Langhorne, Pennsylvania 19047.

Altus, Arkansas

Immigrant farmers started making wine from local grapes grown on the south slope of the Ozarks, near the Arkansas River, back in the 1880s. Several wineries are situated in and around Altus, most specializing in semidry sauterne and Rhine-type wines (usually open daily except Sundays). Wiederkehr's, one of the oldest, holds vintage festivals, including an Oktoberfest (October 5-6 this year).

Area attractions include a restored frontier village at Fort Smith, the Civil War battlefields at Pea Ridge, and bubbling springs at Eureka Springs. Lots of festivities are scheduled during the fall foliage season, including the Original Ozark Folk Festival at Eureka Springs (October 25-28 this year). For more information, write the Arkansas Department of Parks and Tourism, One Capitol Mall, Little Rock, Arkansas 72201.



Mule-drawn sight-seeing barges move along the canal through New Hope, Pennsylvania, just one of the areas where wineries have become popular stops for vacationers.

Berrien County, Michigan

Viniferas (table-wine grapes) flourish on fertile hills of southwestern Michigan. Some of the best wines come from Tabor Hill Vineyard and Winecellar, south of Benton Harbor in Buchanan (open daily).

Nearby, you can enjoy Lake Michigan's beaches at Dunes State Park and follow trails in the Fernwood Nature Center south of Berrien Springs. For more about area wineries and attractions, write the Travel Bureau, Michigan Department of Commerce, Box 30226, Lansing, Michigan 48909.

Prairie du Sac, Wisconsin

At the Wollersheim Winery, overlooking the Wisconsin River 25 miles south of the Wisconsin Dells, you can learn to make your own wine at how-to seminars September 8 and 15 ($5). The tasting room serves prizewinning French-American hybrid wines (open daily). On November 4, there's a vintage festival.

Boat rides operate through romantic gorges of the Dells till November 1. To the south, near Mount Horeb, you can visit the restored immigrant settlement of Little Norway and the Swiss Historical Village of New Glarus, where there's a Wilhelm Tell Festival Labor Day weekend. For details, write the Wisconsin Division of Tourism, Box 7606, Madison, Wisconsin 53707.

Cincinnati, Ohio

Though no grapes are grown here—most come from North Bass Island in Lake Erie—Meier's Wine Cellars, an old establishment in the suburb of Silverton, is one of the country's top 12 premium wine makers. Products run the gamut from grape juice to pink champagne (open Tuesday through Saturday). About 30 miles north of Cincinnati, near Morrow, Valley Vineyard turns out nice French-American hybrid table wines (open daily except Sundays).

Nearby you can explore Fort Ancient State Historical Park. Canoe trips on Ohio's Little Miami River also are popular. For more about Ohio and its wineries, write Travel Ohio, Box 1001, Columbus, Ohio 43216.

Nauvoo, Illinois

Who would have guessed that soon after Brigham Young led the teetotaling Mormons who founded this community on to Utah, settlers would move in and start growing grapes and making wine? Fred Baxter's Gem City Vineland (open daily) serves up tastings of semidry Burgundy and sauterne, sweet Concord and Niagara, along with delicious blue cheese that's made locally. Nauvoo hosts its Annual Grape Festival on Labor Day weekend.

You can tour dozens of restored buildings from Mormon times. Meals at the restored old Nauvoo Hotel are delicious. For more details, write the Illinois Office of Tourism, 222 South College, Springfield, Illinois 62706.


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Warning: The Surgeon General Has Determined
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Pick an easy, creamy apple dessert.

Celebrate the crisp days of autumn with a tasty apple treat. It's easy with Eagle® Brand Sweetened Condensed Milk. Eagle Brand's precooked blend of fresh whole milk and pure cane sugar makes your dessert rich, creamy, luscious-tasting. And Thank You® or Comstock® Brand Pie Filling gives you the goodness of juicy apples—without the work. Try the easy, creamy recipe below.



Creamy Dutch Apple Dessert

(Makes 10 to 12 servings)

- ¼ cup butter or margarine
- 1½ cups graham cracker crumbs
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1 cup (8 ounces) sour cream
- ¼ cup ReaLemon® Reconstituted Lemon Juice
- 1 can Comstock® OR Thank You® Brand Apple Pie Filling
- ¼ cup chopped walnuts
- ½ teaspoon ground cinnamon



Preheat oven to 350°. In a 1½-quart shallow baking dish (10x6-inch), melt butter in oven. Sprinkle in crumbs; stir well. Press on bottom of dish. In medium bowl, mix together sweetened condensed milk, sour cream and ReaLemon; spread evenly over crumbs. Spoon pie filling evenly over creamy layer. Bake 25 to 30 minutes or until set. Cool slightly. In small dish, mix together nuts and cinnamon; sprinkle over pie filling. May be served warm or cold. Refrigerate leftovers.

VARIATIONS: Omit cinnamon. Substitute blueberry, cherry or peach pie filling for apple pie filling.

begins on page 106

Exotic alliums

Alliums are ideal as cut flowers because they're long-lasting. They also work well in dried flower arrangements since the blooms retain most of their color. Simply cut the long stalks before the flowers start to fade and hang them, heads down, in a dark, well-ventilated place until they're dry. To keep the colors from fading, position your arrangements away from direct sun.

Like other spring-flowering bulbs, most alliums should be planted in autumn, before deep frost hardens the ground. Plant at a depth equal to at least twice the diameter of the bulb. Choose a sunny, well-drained site to keep the bulbs from rotting. If your soil contains too much clay to drain quickly, add peat and vermiculite to lighten the consistency. You can improve your ground's fertility by working some bone meal into the soil at the bottom of the hole or planting bed.

Remove spent flowers, along with their stems, but leave the foliage to ripen naturally. This allows the bulbs to store up food for next year's bloom.

To order the alliums shown on pages 106 and 107, see page 150.

SOME POPULAR ALLIUMS

Name	Color	Height
Allium aflatunense	purple	36 inches
A. christophi (formerly called *A. albopilosum*), also called stars-of-Persia	lilac	24 inches
A. giganteum	violet	48 inches
A. karataviense, also called Turkestan onion	silvery pink	8 inches
A. moly, also called lily leek or golden garlic	golden yellow	12 inches
A. neapolitanum, also called daffodil garlic or Naples onion	white	12 inches
A. oreophilum	purple	4 inches
A. ostrowskianum	rose-red	10 inches
A. sphaerocephalum	reddish purple	24 inches

Reynolds Brown-In-Bag turns economy foods into tender, juicy main dishes in any oven.

FLAVOR SAVER COOKING®

Reynolds Brown-In-Bag brings back cooking for flavor with even the most economical cuts of meat. It's moist heat cookery without the drudgery of pots or pans and oven walls to clean. This versatile bag keeps juices in, drying oven air out. Meats, fish and vegetables baste themselves while cooking, right in the bag. Then you serve main dishes at their juiciest, most flavorful best.

IDEAL FOR MICROWAVE OVENS, TOO. In your microwave oven, Reynolds Brown-In-Bag prevents food from drying out. Keeps juices in food instead of on oven walls. Your food stays moist and flavorful and the time you spend on clean-up is reduced.



ZESTY CHEESE MANICOTTI

Plan future meals around Manicotti. Divide the recipe. Cook and serve one half. Freeze the other for another meal.

HAWAIIAN PORK ROAST

Pork goes Hawaiian with fruit. You can find this recipe and many more in the new Brown-In-Bag cookbook.



HICKEN ORIENTAL
(Makes 4 servings)
tablespoon flour
pound broiler-fryer chicken, cut up
½ teaspoons paprika
cup soy sauce
tablespoons honey
tablespoon peeled and grated fresh ginger
teaspoon salt
teaspoon garlic powder
teaspoon pepper
can (3 or 4 oz.) sliced mushrooms, drained
small green pepper, cut into rings
cup sliced water chestnuts
ooked rice



Shake flour in large size (14" x 20") Brown-In-Bag and place in 12" x 8" x 2" glass baking dish. Wash chicken and pat ry; season with paprika and place in bag. In small owl, combine soy sauce, honey, ginger, salt, garlic powder and pepper; pour over chicken in bag. Top icken with mushrooms, green pepper and water chestnuts. Close bag with tie; marinate in refrigerator to 8 hours or overnight. When ready to cook, preheat ven to 350°F.; make half-inch slits in top of bag. Bake out 1 hour or until chicken is tender. Or micro-cook at ll power 20-25 minutes, turning dish frequently. Serve over rice.

More recipes, more ideas are in the new Brown-In-Bag cookbook...now for microwave cooking, too.

To receive our new 40-page Brown-In-Bag Cookbook, send 25¢ in coin (no checks, please) to cover handling and mailing, along with your name and address to Reynolds Brown-In-Bag Flavor Saver Cookbook, P.O. Box 6500, Richmond, Va. 23261.



REYNOLDS BROWN-IN-BAG



1979 Consumer Division, Reynolds Metals Co

SORREL SAVVY

That fresh sorrel growing in your garden is not only beautiful, but good to eat, too. Although this herb of the buckwheat family is most often planted as a decorative perennial, it can also be used as a vegetable. Take advantage of your garden's bounty by using sorrel in recipes such as the delicate soup and crisp salad below.

There are several varieties of sorrel which differ by their leaf shape and the intensity of their lemony flavor. Two of the most common are garden sorrel (pictured) and French sorrel. Garden sorrel is one of the most acid types and has long narrow leaves. French sorrel is milder in flavor and has shield-shaped leaves.



Late summer and early fall are when sorrel is at its peak. When choosing sorrel, look for fresh, clean leaves with a rich green color. Before using the sorrel, remove wilted or discolored leaves and cut out the center rib. Rinse under cold water and drain.





Photographs: Dieter

SORREL SOUP

1 pound fresh sorrel levaes (about 16 cups)
2 tablespoons sliced green onion
¼ cup butter *or* margarine
2 13¾-ounce cans chicken broth
½ cup dry white wine
½ teaspoon dried tarragon, crushed
2 beaten egg yolks

Wash sorrel thoroughly; drain on paper towels. With the tip of a sharp knife, cut along the midrib of each leaf; discard stem and midrib. Cut sorrel into thin strips (should have about 8½ cups). In a large saucepan cook the green onion in the butter or margarine till tender burt not brown. Add sorrel; cover and cook 2½ minutes or till almost tender, stirring once or twice. Add chicken broth, wine, and tarragon. Bring to boiling; simmer 1 minute. Stir *1 cup* of the broth mixture into beaten egg yolks; return to hot mixture in saucepan. Cook and stir till mixture is thickened *but do not boil.* Season to taste with *salt* and *pepper.* Makes 4 to 6 servings.

TANGY SORREL SALAD

12 ounces fresh sorrel leaves
2 hard-cooked eggs
2 tablespoons sliced green onion
¼ cup butter *or* margarine
2 tablespoons all-purpose flour
¼ teaspoon salt
2 tablespoons dijon-style mustard
1 teaspoon worcestershire sauce
Garlic croutons

Wash sorrel thoroughly; drain well on paper towels. Tear into bite-sized pieces (about 11 cups). Let sorrel come to room temperature. Cut 3 or 4 slices of hard-cooked egg for garnish; set aside. Chop remaining eggs. Combine with sorrel in salad bowl. In a small saucepan prepare dressing by cooking onion in butter or margarine about 1 minute; blend in flour and salt. Add 1 cup *water,* mustard, and worcestershire sauce; cook and stir till mixture is boiling. Pour the hot dressing over sorrel and egg in salad bowl; toss lightly. Sprinkle with croutons; top with reserved egg slices. Serve immediately. Makes 6 to 8 servings.



The roof on this house is made of a new kind of non-wood shingle. The edges are thick and irregular, so they cast deep random shadows. The color is soft and muted, so it blends naturally with the architecture and the surroundings.

Today's asphalt roofing shingles are among the finest products made in America. Some are made with a fiberglass base. All are handsome, durable, economical, and highly fire-resistant. And you have a wide spectrum to choose from, in a palette of colors to complement your home's exterior. Wherever you live in the West, today's roofing shingles fit in with any setting or architectural idea. Use them when building or remodeling.

Asphalt Roofing Manufacturers Association
414 Jackson Square, San Francisco, CA 94111.

Today's Roofing.

Safety tips for outdoor entertaining

Electric appliances, outdoor lights, audio equipment, barbecues, and extension cords add convenience and atmosphere to any backyard party. Yet this very same equipment can cause fire or electric shock if misused. To make sure an accident doesn't spoil your outdoor fun, check and observe the following precautions. They were compiled by Underwriters Laboratories, an independent nonprofit testing laboratory which tests many household products for safety.

1. Never place an electric barbecue near a wall, under low ceilings, or close to other flammable materials.

2. Never place the unit's power cord on top of the barbecue enclosure where heat can damage the cord's insulation.

3. Avoid wearing loose clothing when using electric charcoal starters.

4. Do not expose your electric barbecue or any other electric appliances to rain or moisture.

5. Never tamper with the covers, backings, and interlocks on your audio equipment, which serve to protect users from electric shock hazards.

6. Be certain that the lights you use for outdoor entertaining are UL Listed and labeled for outdoor use.

7. Never place overhead lights, such as ones hung from trees, where they can be knocked into water.

8. Check extension and appliance cords for cut insulation, exposed wires, and cracked sockets. Replace damaged cords.

9. Never drive a nail through an extension or appliance cord.

10. Always be sure that an extension cord's capacity in watts or amps is the same or more than the amps or watts of the appliance it is being used with.

11. Never immerse cords or plugs in water. Always unplug portable appliances from outlets when not in use.

12. Be sure to use only UL Listed outdoor cord sets. Either the nongrounding type containing two circuit conductors or the grounding type containing two- or three-circuit conductors can be utilized.

13. Cover unused extension cord receptacles with electric tape or plastic safety caps to prevent accidental contact with the electric current.

14. Always read and follow the manufacturer's instructions carefully for proper use and care and maintenance of all electric appliances.

15. Never place electric appliances where they might tip over.

16. Never handle electric appliances when you're wet or standing on a wet surface. And never use electric appliances where they can get wet.

17. Use an electric product only for its intended purpose and use only recommended accessories.

18. Remember, never overload electric circuits indoors or outdoors.

19. Children require supervision around all electric appliances. They should be instructed not to go near plugs and outlets nor to unplug cords.

20. All your electric appliances, outdoor lights, and extension cords should display the UL symbol of safety.





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Finish-It-Yourself means savings. By doing the finishing work on your new dream home, *you can save thousands compared to having an ordinary builder construct the same house on your lot.* Capp Homes contain top quality construction materials and are custom-built by skilled craftsmen. The result is a home you'll take pride in for years to come. Here's how it works.

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First, select a nice piece of property in an area where you'd like to live. If you already own a building lot, you're a step ahead.

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We can build from your ideas, sketches and plans. Or you can customize any one of our many home designs. Either way, your home will be completely personalized.

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Capp provides top quality materials to complete your custom home. You select your materials—from roofing and siding to heating and electrical systems. Plus all the finishing touches with lighting fixtures, floor coverings, kitchen cabinets and bathroom accessories. They're all included in the price.

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Capp custom-builds your home on your foundation, using top quality lumber, full ply sub-floors, multi-pane windows and insulated exterior doors. Your home is enclosed, weather-tight and ready for you to finish.

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You decide which finishing jobs you want to do and hire local tradesmen for the rest. Most Capp customers do their own plumbing, wiring and heating installation, with the help of friends and the Capp Finishing Manual. Even if you need outside help, you'll save by eliminating the middleman. *Remember, the more you do, the more you save.*

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Capp offers various financing programs, including short-term construction loans as well as permanent long term mortgages. Capp financing is available for qualified customers at competitive interest rates. Or, if you prefer, you may contact your local lender for some or all your financing needs. Either way, your Capp Representative can help.

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Discover more about the Capp Finish-It-Yourself House with our new, 100-page Home Planning Guide. For your copy, send the coupon below.

Prices range from $22,500 to $75,000 and up*

*Prices shown are for the house semi-constructed on the lot and foundation you provide and include the basic materials to finish the interior. State and local taxes, landscaping, septic tanks, sidewalks, masonry, brick, stone and paint are not included.



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Selecting A Vineyard Site

4

The creation of any fine wine must begin in the vineyard, for such a wine is born only of premium grapes. To produce grapes of this quality, a vineyard must be well located, well planned and properly cared for. The first of these concerns should be location.

Our original vineyard was established in 1825 by Padres of the Sonoma Mission and was the first to be planted north of San Francisco. The Mission Fathers recognized the ideal grape-growing climate of the Sonoma Valley, an environment that rivals the finest wine regions of Europe.



Fifty miles from the ocean, the Sonoma Valley is blessed with warm days and cool nights, a combination that extends the growing season and allows vines ample opportunity to absorb nutrients from the mineral rich valley soil. Summer morning fogs revitalize the leaves enhancing their photosynthetic abilities and contributing to the overall health of the vine and its fruit.



It's been more than 150 years since the first planting of that original vineyard which is adjacent to our binning cellars. Today it is still producing grapes for our premium Sebastiani wines.

If you'd enjoy hearing more from the wine country, please write for our free monthly newsletter.

Sam J. Sebastiani

Sam J. Sebastiani

Sebastiani
VINEYARDS
EST. 1825

P.O. Box AA Sonoma CA 95476

H4

Bed beautification

If you're making do with beds you'd rather do without, don't despair. Use paint and pattern to play down your problems and create a bedroom full of personality and style. Here are two examples.



Photograph: Maris/Semel. Design: Jody Rank. Source: Ruth L. Grenci

▶ In this teen-ager's room, plain hand-me-down twin beds were easily and inexpensively refurbished with coats of fresh paint. The original bed poles were extended and cornice-type tops added to create an elegant, canopied effect. Soft side and back draperies are simple fabric panels, shirred and hung from metal rods installed underneath the cornices. The uninteresting headboards are hidden by ruffled pillow shams that match the bed curtains.



Photograph: Fred Lyon. Design: Bruce Rahm. Source: Barbara East Cathcart

▲ Not only was this four-poster rather large for its new quarters, but the only logical place to put it was against a long, narrow window. Both problems were solved by using single allover print fabric on the walls, the bed, and the window. When light and air are desired, the Roman shade pulls up easily; most of the time, however, the shade is down and the window becomes part of the wall. The single pattern also pulls the room together and makes the oversize bed much less obtrusive. Matching fabric borders trim the bed pillows.



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BUILDING

A WINE-RACK DIVIDER



Photograph: Mark Samu. Designer: Emily Ann Smith. Source: Ruth's Green

This handsome oversized wine rack not only keeps the wine within easy reach from either side of the unit, but also serves as a rustic divider between the kitchen and dining room. (Wines requiring long-term storage are kept in the climate-controlled basement wine cellar.) Because the rack is see-through, it doesn't detract from the open feeling of the adjoining spaces, yet it partially shields the kitchen area from the view of dinner guests.

The 30-inch doorway is flanked by sets of eight shelves that hold a total of 64 bottles. The handmade bottle holders are all 1x4s cut from the same pattern and designed to hold the bottles at the correct tilt. Both banks of shelves are framed by four-sided boxes made from 1x12s connected by simple butt joints. The box units protrude about three inches into the dining and kitchen spaces—enough to give a feeling of dimension, but not so much that the structure gets in the way of foot traffic. If you build a similar unit, but don't need as much space for wine, just replace the bottom four sets of bottle holders with standard shelving.

The wood trim surrounding all three elements of the opening is standard molding stained and varnished to match the kitchen cabinets and dining room woodwork.

You don't need a recipe for tunafish to eat our tunafish.



Bumble Bee doesn't have to be drenched in mayonnaise.

Bumble Bee doesn't have to be onioned and olived.

Bumble Bee doesn't have to hide under a bed of lettuce or wrap itself inside a noodle.

Bumble Bee is so good you can eat it plain.

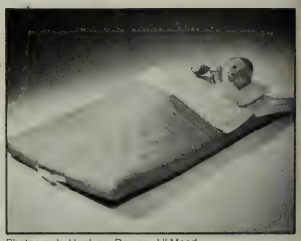


It's so good you can eat it plain.

TRAVEL BED FOR BABY



Nothing could be nicer for baby —and Mommy—than this cozy, sturdy, and portable baby bed. Its built-in mattress makes it more than a sleeping bag. And when you fold the bed for travel, your little one's pillow, pj's, and favorite toy fit safely inside. Our snug-as-a-bug bed is perfect for short trips to Grandma's house. The bed measures 24x40 inches folded.



Photograph: Hopkins. Design: Jill Mead

Travel bed materials

To make our bed you'll need: 3½ yards of quilted waterproof ski-jacket-type fabric (at least 36 inches wide); 3 yards (36-inches-wide) of cotton fabric for the top and bottom "sheets" and pillowcase; one 10x16-inch foam pillow form *or* polyester fiberfill; 24x40x1½-inch dense foam (available at fabric stores); 1½ yards of 2-inch decorative trim for the strap; ½ yard of 1-inch trim for the handles; one 16-inch length of hook and loop fastener strip; thread; kraft paper; tailor's chalk.

Baby bed how-to

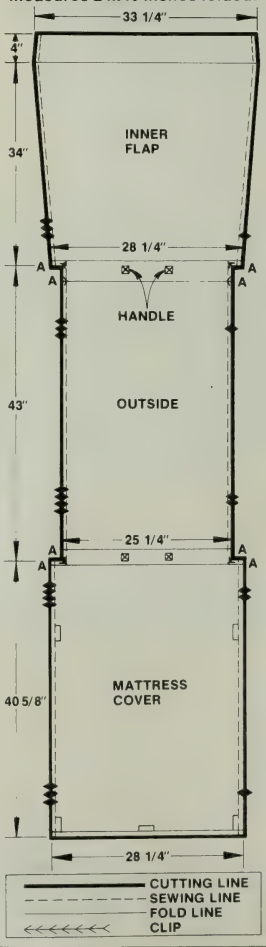
Carefully follow these step-by-step instructions:

1. First make a full-size pattern, by taping together lengths of kraft paper to form a rectangle that's approximately 122x35 inches. Draw the bed pattern (*right*) onto the kraft paper. Transfer all clipping marks plus placement points of handle and fastener strips. A ⅝-inch seam allowance is already included on the pattern.

2. Pin the paper pattern to the quilted fabric. Cut out the pattern. With tailor's chalk transfer all pattern markings to the fabric. Cut five 2-inch strips of hook and loop fasteners. Stitch the "loop" halves of each strip to the positions indicated on the pattern. (The "hook" halves of the fasteners will be attached to the sheets later.)

3. Turn under the "inner flap" along the fold line; hem. Turn under the inside piece along the fold line; hem.

4. Make ⅝-inch-deep clips in the fabric at the eight positions shown on the pattern. Place the right sides together, match the "A" points, and machine stitch from the "A" to the corners at the four marked positions.



5. Place the fabric right side up on a flat surface. Fold the "mattress cover," right sides together, to meet the "outside" sections, matching notches. Pin the three thicknesses together. Machine stitch lengthwise ⅝-inch seams. Turn fabric to the inside, then back to the right side. Insert the foam mattress. Bending covered foam as needed, turn the top to the right side.

6. To make the strap, stitch a six-inch length of hook and loop fastener at opposite ends of the piece of two-inch-wide trim—one half of the fastener strip on the right side, one half on the wrong side. Fold and stitch the end of the trim (with the fastener strip on the back side) to a point. Turn under and machine stitch a hem at the opposite end of the trim piece. Hand stitch the trim to the bed's outside. (The pointed end of the trim should remain free to wrap around the folded bed.)

7. To make the handles, cut the one-inch-wide trim into two nine-inch lengths. Hand stitch them to the bed as shown on the pattern.

8. To make the sheets and pillowcase, cut one piece of cotton fabric into a 27x88-inch rectangle. Sew a four-inch-wide hem at each end. Attach remaining "hook" pieces of the strip fasteners to the *wrong* side of the sheet fabric—within the seam allowance—to match marked bed positions.

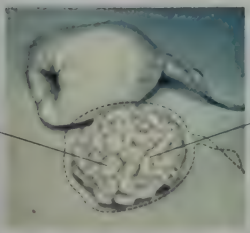
9. Place fabric right sides together, matching hemmed tops. Stitch ⅝-inch lengthwise seams from the fold line within 12 inches of the hemmed top. Repeat on other side. Hem the remaining seam allowance from the end of the side seam to the hemmed top for a clean edge. Use the remaining fabric for the pillowcase.

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Sponges to absorb fast.
Rely's sponges absorb almost instantly. So you're protected from the start.



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Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight.

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Rely fits best to protect you against by-pass accidents best.
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Comfortable to wear. Smooth tapered tip for easy insertion.
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Rely.
It even absorbs the worry.



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Available in limited areas only.

Kids' Closets



Photograph: Mike Dieter. Design: David Ashe

What every child needs —from crib to college—is plenty of places to stash all his paraphernalia. Keeping things off the floor and tucked out of sight is easy with one of these simple closet-within-a-closet units. They utilize every available inch of space for storage and can be tailored to suit any age child. And there's a bonus—they help teach the value of "everything in its place" at an early age.



Photograph: Dick Sharpe. Design: Ron Collier A.S.I.D.

You and your youngster will appreciate the benefits of a built-in closet organizer. In this pint-size closet, two pieces of one-inch pipe on flanges replace the single conventional pole. Install them at the proper height for your child, then remove the lower rod later when it's no longer needed. Adjustable shelving along one wall corrals games and toys. The top shelf is reserved for seldom-used items such as blankets and luggage.

The sliding double doors of this large closet were permanently removed to provide easily accessible storage space. In addition to the adjustable open shelving compartments, there's a trio of deep drawers for storing a variety of personal items such as toys and games as well as folded clothing. Small two-level clothes poles are teamed with a single high pole to accommodate a growing child's changing storage needs.

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Karen Smith
Osceola, Iowa

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ABC's of calligraphy

Surprisingly, fast-paced Americans are rediscovering calligraphy, the precise art of beautiful handwriting. Ancient Chinese civilizations are credited with perfecting the art, which stresses exactness, consistency, and beauty of form. Here are a few pointers to get you started in calligraphy.

Materials you'll need

The basic materials required for calligraphy are penholder and points, ink, and paper. Penholders come in a variety of styles, and all should feature interchangeable points or *nibs*. Nibs are manufactured in a range of shapes and widths, each producing a different lettering style when used correctly.

You'll need specially mixed inks for calligraphy. A smooth paper with a slight texture works best for beginners, but eventually you may wish to use textured or colored papers to create special effects. All these materials, including instruction booklets, are available at art supply and stationery stores.

Mastering the strokes

Sit comfortably at a table with your back erect and both feet flat on the floor. Tilt the paper slightly to the left if you are right-handed or to the right if you are left-handed. Hold the pen (without gripping it tightly) between thumb and forefinger. Let the pen rest on the tip of the middle finger—at a 45-degree angle to the writing line. Control the pen's movement with your wrist.

If the pen is held correctly, you will produce a thin stroke when you move the pen diagonally upward and a thick stroke (equal to the full width of the nib) when you move the pen diagonally downwards. Practice these strokes until you can control the quality and character of the line. Then combine diagonal strokes with curved ones.

Creating your style

When you have mastered strokes, begin combining them to form the lower case alphabet. *Ligaturing*, the joining of letters, is the next step.

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HOW TO REMOVE UPHOLSTERY STAINS

Unless you seal your rooms off from human contact, stains on your upholstered furniture are nearly inevitable. The most important stain-removal technique is quick action—go after a food spill when it occurs, for example, or treat a greasy finger mark as soon as you notice it. The longer the spot is allowed to set, the more difficult removal will be. When using a commercial spot remover, be sure to read the instructions carefully and pretest on a concealed area before applying.

Spot-removal basics

The first step in successful spot removal is to remove the staining substance. Then, if the upholstery is washable, blot the stain with an absorbent cloth dampened in cool or lukewarm water. Never soak the fabric. Stroke lightly from the outer edge toward the center so as not to spread the stain. Follow with a water-base detergent if necessary. Use a solvent to remove spots from a nonwashable upholstery fabric. Never use carbon tetrachloride; deaths have resulted from using this highly toxic liquid.

Quick drying is important in order to avoid telltale rings. Dry the fabric with an absorbent cloth, tissues, or sponge, being careful not to let any liquid seep through to the filling material. Most solvents will have no residual effect on a filling such as down but are harmful to foam rubber. In the latter case, use only a foamy or liquid cleaner. Polyurethane, polyester, and other synthetic fillings are less likely to react unfavorably to solvents, but repeated use could also deteriorate these man-made fillings.

Use a small hair dryer or an electric fan to speed upholstery drying. You can also dust the wet area with pure talcum powder to absorb moisture. This treatment works well for removing water and grease spots.

Food stains

Hard candy is basically sugar and water and can usually be removed without a solvent. Scrape off the excess candy and sponge lightly with cool water. If this doesn't work, use a detergent and water solution.

Soft candy, including chocolate, requires the use of a solvent to remove the fatty stain. Lightly sponge the solution on, then blot with a clean cloth. Finish with a cool detergent solution.

Chewing gum should first be hardened with an ice cube, then worked off with the dull side of a table knife. If necessary, use a dry-cleaning fluid to remove the residue.

Sponge and blot *ice cream* stains with a dry-cleaning fluid, being careful to avoid contact with the unstained area. Where the spot persists, treat with a cool detergent solution. Finish with repeated applications of cool water, and blot dry.

Treat *egg* stains with a diluted solution of ammonia and cold water. Test the fabric first to make certain that the dyes will withstand the ammonia.

After you've scraped off any pulp, blot *fruit* stains with a clean cloth dampened in cool water. If this treatment does not remove the stain completely, sponge and blot with a solution of water and detergent, adding a little clear vinegar. Sponge lightly with water to remove any traces of vinegar.

For *liquor and wine* spills, blot with a clean cloth moistened in alcohol. Then use a cloth dampened in cool detergent solution. Finally, apply clear, cool water sparingly and blot dry. Soap and water are not recommended for a liquor or wine stain as a permanent discoloration may result.

Common household stains

Sponge *grease and oil* spots repeatedly with a dry-cleaning fluid. Always use a clean section of cloth so that the grease will not be returned to the fabric. If any discoloration remains, sponge lightly with a lukewarm detergent and water solution. Follow with a clean cloth dampened with cold water.

Scrape off excess *lipstick*, then sponge and blot the stain with a dry-cleaning fluid. Continue to treat with the dry-cleaning fluid as long as lipstick appears on the cloth. Sponge with a mild detergent and water solution, then blot dry. If the stain still remains, it's best to consult a dry-cleaning professional.

When dealing with *fresh oil* spots, first clean the area with turpentine, then sponge with a solution of cool water and detergent. If the paint is dry, moisten the stain slightly with a semisolid paint stripper and agitate the moistened area with the dull side of a knife. Scrape off the layer of paint after it has softened. Repeat this treatment as often as necessary. Next, sponge and blot the stain with a concentrated solution of detergent and cool water. Blot with a clean cloth well wrung out in clear, cold water.

Shoe polish stain? Remove black or tan polish with a dry-cleaning fluid. Rotate the cloth so that excess polish is not transferred back to the fabric. Finish with a mild solution of detergent and warm water. To remove white shoe polish, allow the stain to dry, then brush it off. Wet with cold water, let dry, then brush once more. Repeat this process until all traces of the polish are gone.

Brush dry *mildew* spots with a soft brush, then sponge with a warm, sudsy solution. If the fabric is colorfast, sponge the stain with a gentle solution of water and household bleach. Dab with clear water and blot dry.

To remedy *water* spots, moisten the entire stained area with white vinegar. Leave it on for several minutes, then moisten the area with clear water and blot well. If it's a pile fabric, brush in the direction of the pile while the area is damp; brush against the pile when the fabric has thoroughly dried.

Treat *blood* spots with a weak solution of ammonia (three teaspoons to one quart of cold water). If the stain does not completely disappear, apply more ammonia solution directly on the stain and then sponge with clear, cold water. Be careful not to saturate the fabric. Never use hot water or soap on a blood stain. After a brief time, moisten the stain with vinegar and blot thoroughly.

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Now, in response to your desire for even higher conservation standards and greater energy savings, PG&E is expanding its successful Energy Conservation Home program to include a new, even more energy efficient Premium Energy Conservation Home.

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To qualify, a home will have a combination of special, built-in energy saving features such as energy efficient appliances, fluorescent lighting, setback furnace thermostats on heating/cooling systems, solar-assisted water heating and certain water conservation features. It may also have ceiling, wall, and floor insulation that exceeds minimum local, federal, and state regulations.

Why is PG&E sponsoring this program?

As an incentive to builders, and to provide public recognition of homes that meet high conservation standards, we began sponsoring the Energy Conservation Home program five years ago.

Today, the program's additional option for a Premium Energy Conservation Home demands higher standards than ever before. And it guarantees greater energy savings for you.

When you look for a new home, look for either the Energy Conservation Home sign or the Premium Energy Conservation Home sign. Both mean that the builder has taken extra care to include special conservation features in the construction of the home that are important to you, and to all of us.

PG and E

No one can afford to waste energy.

Under-stairs storage

Looking for extra storage? Don't forget those small spaces tucked under stairways. Here are two examples of how to put those angled areas to work.



When the attic of this house was opened up for a family/hobby room, the under-stairs space was converted into a small bar with space for storing liquor and wine. Folding doors camouflage the bar when it's not in use.



Preplanning is a must if you want to make the most of your under-stairs space. These homeowners took measurements of everything they wanted to store and display, then built the shelves accordingly, using 1x12s for the lower shelves and 1x8s above. Now the niche efficiently houses books, games, and entertainment equipment.

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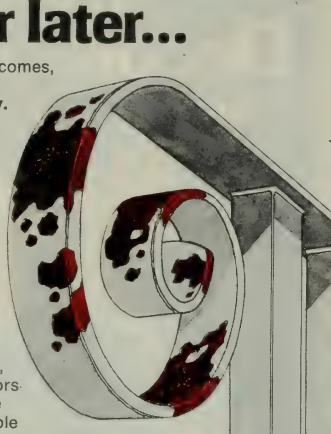
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SHOPPING

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

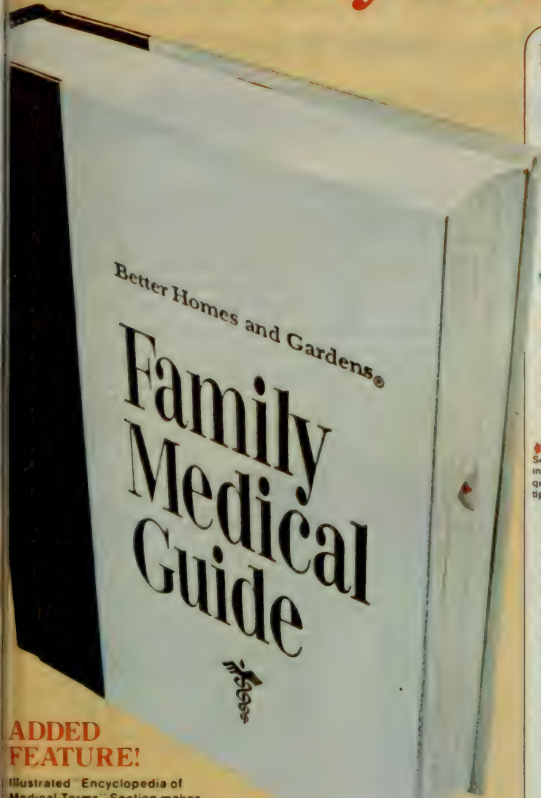
MEALS ON SKEWERS
Page 77: Brown sauce boat "Romany"—Denby Ltd. Inc., 41 Madison Ave., N.Y., N.Y. 10010.
PRETTY EASY PARTIES
Page 82: Bone china "Garden Party"—Lenox China, Inc., Lawrenceville, N.J. 08648. Sterling flatware "Melrose"—Gorham Co., 333 Adelaide Ave., Providence, R.I. 02907. Sterling serving pieces "Vision"—International Silver Co., 500 S. Broad St., Meriden, Conn. 06450. Glasses "Paula"—ittala usa, 225 Fifth Ave., N.Y., N.Y. 10010. Dish rack—Taylor & Ng, P.O. Box 200, Brisbane, Calif. 94005. Glass bottles—Taylor & Ng (address above). Server with sugar and creamer—Marsh Industries, 1224 E. 28th St., Los Angeles, Calif. 90011. Bamboo trays—Manila Bay Corp., 115 W. 29th St., N.Y., N.Y. 10001. Sheet (tablecloth) "China Roses"—Burlington Domestics, 1345 Avenue of the Americas, N.Y., N.Y. 10010. Napkins—Vera, 417 Fifth Ave., N.Y., N.Y. 10016. Cocktail stirrers "Flamingo"—Sarsaparilla, 121 E. 24th St., N.Y., N.Y. 10010. Muffin stand—Bernhardt Inc., Box 740, Lenoir, N.C. 28645.
Page 83: *Top shelf on hutch:* Bone china "Athlone Red"—Coalport by Wedgwood, 41 Madison Ave., N.Y., N.Y. 10010. *Middle shelf:* Earthenware "Avondale"—Royal Worcester Spode, Inc., 26 Kennedy Blvd., East Brunswick, N.J. 08816. *Bottom shelf left to right:* Footed tray—International Silver Co. (address above). Demitasse cups and saucers "Athlone Red"—Coalport by Wedgwood (address above). Sterling demitasse spoon "Francis I" Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, Mass. 02780. Crystal stemware "Octette Plum"—Gorham Co. (address above). Plum napkins—Vera (address above). Peach napkins—Fallani & Cohn, Inc., 14 E. 38th St., N.Y., N.Y. 10016. Sterling flatware "Smithsonian"—The Stieff Co., 800 Wyman Park Dr., Baltimore, Md. 21211. Sterling salad servers "Francis I"—Reed & Barton Silversmiths (address above). Wood bobbins (without decoration)—Lillian Vernon, Box HXE, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550. Silver shell server—Oneida Ltd., Silversmiths, Oneida, N.Y. 13421. Hutch—Nichols & Stone Co., Gardner, Mass. 01440. *Clockwise on table:* Crystal vase—Orrefors Inc., 107 Gaither Drive, Mt. Laurel, N.J. 08054. Fabric basket—Soft Antiques, P.O. Box 1826, Orleans, Mass. 02653. Sterling serving pieces and demitasse spoon "Francis I"—Reed and Barton Silversmiths (address above). Demitasse cup and saucer "Athlone Red"—Coalport by Wedgwood (address above). Earthenware plates, teapot, sugar and creamer "Avondale"—Royal Worcester Spode, Inc. (address above). Napkin—Fallani & Cohn, Inc. (address above). Sterling flatware "Smithsonian"—The Stieff Co. (address above). Silver candy dish—Gorham Co. (address above). Silver tray—International Silver Co. (address above). Hurricane lamp shade (without decoration)—West Virginia Glass Specialty Co., Inc., P.O. Box 510, Weston, W.Va. 26452. Paint on hurricane lamp shade—Vogart Crafts Corp., 230 Fifth Ave., N.Y., N.Y. 10016. Crystal stemware "Octette Plum"—Gorham Co. (address above). Tablecloth—satin sheets, Perfect Fit Industries, Inc., 303 Fifth Ave., N.Y., N.Y. 10016.
HOW TO STRETCH YOUR STORAGE SPACE
Page 108: Wallpaper and matching fabric—& Vice Versa, 979 Third Ave., N.Y., N.Y. 10022. Rocking chair—Rosenthal-Netter, 225 Fifth Ave., N.Y., N.Y. 10010. Window blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030.
Page 109 (top): Hooks on wall—Bloomingdales, 1000 Third Ave., N.Y., N.Y. 10022. (Bottom left): Dining table—The Door Store, 3140 M St. N.W., Washington, D.C. 20007. Vertical blinds—Louverdrape, Inc., 1100 Colorado Ave., Santa Monica, Calif. 90401. (Bottom right): Checked wallpaper—Wall-tex Co., 979 Third Ave., N.Y., N.Y. 10022. Sheets by Angelo Donghia—Utica by J. P. Stevens & Co., Inc., 1185 Ave. of the Americas, N.Y., N.Y. 10036.
Page 110: Ceiling lights—George Kovacs Lighting, Inc., 831 Madison Ave., N.Y., N.Y. 10021.
Page 112: 1. Silver chest—Hickory Manufacturing Co., P.O. Box 998, 37 9th St. S.E., Hickory, N.C. 28601. 2. Baker's rack—Drexel Heritage Furnishings, Drexel, N.C. 28613. 3. Etagere—Heywood-Wakefield Co., Gardner, Mass. 01440. 4. Desk—Harden Furniture Co., McConnelsville, N.Y. 13401. 5. TV cabinet—Baker Furniture Co., 10 Milling Rd., Holland, Mich. 49423. 6. Chippendale cedar chest—The Lane Co., Inc., Altavista, Va. 24517.
Page 113: 7. Chrome and laminate etagere—Daystrom Furniture Co., Inc., A Sperry and Hutchinson Co., So. Boston, Va. 24592. 8. Stacking baskets by Sun-glo—Scan-Plast Industries, Inc., 54 E. 54th St., N.Y., N.Y. 10022. 9. Oak wardrobe—Tech Furniture Co., 917 Bridgeport Ave., Shelton, Conn. 06484. 10. Hanging wardrobe—Bloomingdales (address above). 11. Lucite trunk—Rose Trunk Manufacturing Co., 800 Alabama Ave., Brooklyn, N.Y. 11207. 12. Plastic stacking units—Beylerian Ltd., 305 E. 65th St., N.Y., N.Y. 10021. 13. Platform bed—Stanley Furniture Co., Stanleytown, Va. 24168.
10 BEST WAYS TO SAVE MONEY ON MAIN DISHES
Page 114 (left): Oval platter "Village"—Pfaltzgraff Co., 140 E. Market St., York, Pa. 17401. (Top right): Beer mugs—Schmid Brothers, Inc., 55 Pacella Park Dr., Randolph, Mass. 02368.
Page 115 (right): Plate—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.
Page 116 (top center): Pie plate—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830. (Top left): Wooden scoop—Rosenthal USA Ltd., 411 E. 76th St., N.Y., N.Y. 10021.
Page 117 (center): Glass dish—Anchor Hocking, 5th & Pierce Sts., Lancaster, Ohio 43130. (Center right): Small glass bowl—Pyrex, Corning Glass Works (address above).
Page 118 (top left): Salt and pepper shakers—Fitz & Floyd, 1371 Round Table Dr., Dallas, Tex. 75247. Skillet—Copco Inc., 230 5th Ave., N.Y., N.Y. 10001.
Page 119 (top center): Salt and pepper—Copco (address above). (Top left): Casserole—Otagiri Mercantile Co., Inc., 225 5th Ave., N.Y., N.Y. 10010. (Bottom center): Wooden Bowl—Etco Industries, 225 5th Ave., N.Y., N.Y. 10010.
Page 120 (top): Wineglass—Libbey Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, Ohio 43693. (Bottom left): Round platter—Franciscan (address above).
PRIZE TESTED RECIPES
Page 133 (left): Plates "Queen Anne"—Oneida Silversmiths, Kenwood Sta., Oneida, N.Y. 13421.
Page 134 (left): Mugs "Clove"—Holt-Howard, General Housewares Corp., Box 670, Hyannis, Mass. 02601. (Center left): Soup bowls—Trend-Pacific Inc., 2817 S. Hill St., Los Angeles, Calif. 90007. (Center right): Decanter—Kosta Boda, 225 Fifth Ave., N.Y., N.Y. 10010. (Right): Plates "Wheatstone"—Trend-Pacific (address above).
DOUBLE-DECKER PLAYHOUSES
Page 182 (right): Playhouse kit—Alpha Building Systems, P.O. Box 29692, Dallas, Tex. 75229.

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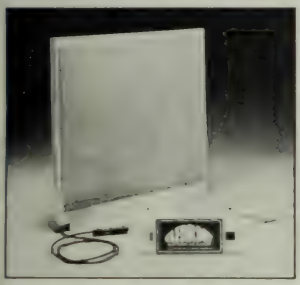
*Based on Maxwell Report, 1977.

Long Lights: 8 mg. "tar", 0.6 mg. nicotine; av. per cigarette, FTC Report (May '78).

Kim Garretson

Good News

Easy-to-install air cleaner



Installing a whole-house electronic air cleaner yourself is easier than you think. Just replace the disposable filter in your heating/cooling system with this unit. It traps pollen, smoke, dust, and cooking odors and comes clean in the dishwasher. The unit is available in many filter sizes.

[illegible] 06437.

Wash-in water repellent



Don't toss out your favorite raincoat because the rain is soaking through. Instead, waterproof the coat in your washing machine. Simply add this water-repellent solution to the regular wash cycle and you can treat all washable garments: denim jackets, hunting pants, cotton gloves, snow wear, etc.

[illegible]

Speedy bag sealer



Your garden-fresh vegetables will get to the freezer quicker with this bag sealer. Just run the twisted neck of a plastic bag through the device. A measured length of standard freezer tape encircles the neck, and a cutter neatly snips off the tape. The sealer can be wall-mounted or used on a counter.

Leifheit Bag Sealer, about $7. Reston Lloyd Ltd., [illegible]

Versatile wake-up center



With this clock radio, waking up is almost a pleasure. Here's the scenario. After an FM station lulls you to sleep with music, an all-news station wakes you. An hour later, a rock station wakes your spouse, then a delayed alarm gets him or her up. But your spouse decides to go back to bed and presses a button which repeats the music-alarm in 30 minutes. After the second alarm, your spouse decides to listen to three more AM and FM stations while dressing and simply presses a couple of buttons for each new station.

A programmable memory makes these and limitless other combinations possible. You can set two wake-up times and choose between music, alarm, or music followed by an alarm for each. Plus you can program go-to-sleep and snooze periods and two-button recall for six stations. To tune in another station, just press in the frequency number. Or, press a button and the radio scans for and tunes in the nearest station.

The Great Awakening Clock Radio, about $117. General Electric Company, Syracuse, N.Y. 13201.

continued



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Good News

Mighty-midget camera



This is the first 110 pocket camera to perform the way a 35-mm single-lens reflex camera does. Using easy-loading cartridge film, the camera automates shutter speed and aperture setting as you focus through the lens and shoot. The standard, wide-angle, and telephoto lenses are bayonet mounted. Accessories include winder, auto flash, and close-up lenses.

System 10, about $249 (camera and standard lens); other lenses, about $68 each. Pentax Corp., 9 Inverness Dr. East, Englewood, Colo. 80112.

Tight-spot wrench



With this tool you can tighten and loosen bolts and nuts in almost any tight spot. The wrench holds ⅜-inch drive sockets, and the socket holder operates on both sides of the wrench so you can tighten or loosen in either direction. Squeezing the handles together only 11 degrees produces the same effect as swinging the handle of a conventional wrench: the socket turns 90 degrees.

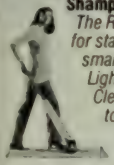
Sprench, about $15. Sprench, Inc., 21133 Costanso St., Woodland Hills, Calif. 91364.

Please do not send money to a company; manufacturers will not sell products shown in Good News directly to consumers. The products are available nationwide; write the company for more information or the names of stores selling the product.

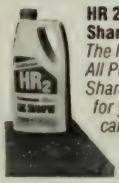
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With HR you can choose the right system for your different carpet-cleaning needs. From big jobs to touch-ups, HR makes it easy. Twenty years experience and quality products make HR the right way to give you professional looking results at home . . . for a lot less money.

1. The Right Way for small jobs.

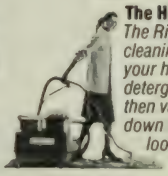


The HR Flo-Foam Carpet Shampooer. *The Right Machine for stairs, corners, small jobs. Lightweight. Cleans hard to reach carpeted areas.*



HR 2 Rug Shampoo. *The Right All Purpose Shampoo for your carpets.*

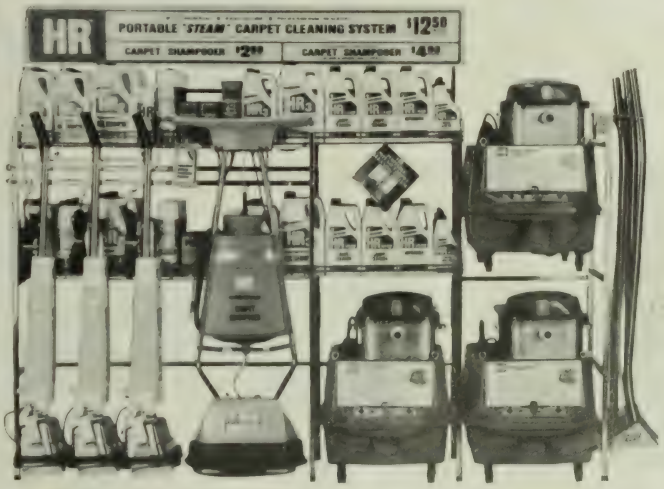
2. The Right Way for big jobs.



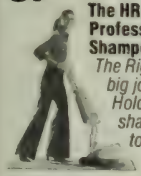
The HR Steam Machine. *The Right Machine for cleaning the carpets in your house. Steams dual detergents into carpets—then vacuums up deep-down dirt. Professional looking cleaning results for lots less money.*

HR Carpet Cleaner + HR Defoamer + HR Carpet Traffic Spotter. *The Right Combination of Cleaners to "steam" out deep-down dirt, oily and non-oily dirt.*

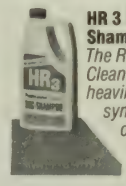




3. The Right Way for tough jobs.



The HR Lightweight Professional Carpet Shampooer. *The Right Machine for big jobs like shags. Holds plenty of shampoo. Easy to use.*



HR 3 Rug Shampoo. *The Right Cleaner for heavily soiled synthetic carpets.*

4. The Right Way for special jobs.



HR Rug & Room Deodorizer. *The Right Deodorizer for freshening your carpets while you vacuum. Leaves your carpet and room smelling clean.*

HR Spot Lifter. *The Right Spot Remover to lift stains and spots.*
HR Self-Cleaning Carpet Cleaner. *The Right Cleaner for fast, light duty carpet cleaning without scrubbing.*



The Right Way The HR Way

Household Research Institute gives you all the HR products you need to care for your carpets the Right Way. Don't settle for less. Look for the HR Carpet Care Center at your supermarket.

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Margaret McMahon

idea NOTEBOOK

Functional furniture

The new "Lifestyle Casual" tables and chairs from Telescope Folding Furniture (Granville, New York 12832) combine just the right elements of nostalgia and up-to-date practicality. The folding lounge chair—reminiscent of a shipboard deck chair—is adjustable. The ottoman, with the cushion removed, doubles as a side table. A companion dining chair and table can be disassembled for easy storage, and the 38-inch-square table adjusts to 20-, 24-, and 27-inch heights. The finish is natural or walnut, and the upholstery is heavy-duty natural canvas or brown and orange striped Acrilan. The replaceable covers are water-resistant. Prices range from about $70 for the ottoman/table to $140 for the lounge chair.





Buckle-up shelves

Valstrap Designs, Ltd. has a new shelf system that's an interesting alternative to the old-favorite bracket and board variety. "Shelf Slings" is a system of adjustable straps and buckles that can accommodate a variety of shelf arrangements. Installed, the system supports up to 1,000 pounds, is absolutely rigid, and can adjust for shelves from eight to 24 inches deep. The washable polypropylene straps, available in white, black, brown, or gold, are packaged in 24-foot lengths at $13.95 each, plus $1.50 for shipping. With a single package, you can build a unit with two eight-inch shelves and one 18- to 24-inch shelf, or a unit with four 6- to 10-inch shelves. Each package includes everything needed for installation (mounting brackets, chrome buckles, and keepers to fix straps in place) plus an idea booklet.

For a copy of the idea booklet alone, write Valstrap Designs, Ltd., 115 Cedar St., New Rochelle, N.Y. 10801. (Enclose a self-addressed envelope.)

Learning pictures

The "Age of Reptiles" and the "Age of Mammals" are full-color lithographic reproductions of Rudolph Zallinger's murals in the Peabody Museum of Natural History. The posters are long (nine feet) and skinny (about one and a half feet), but they'd look great circling a child's bed or climbing a stairway. The "Age of Reptiles" is a panorama of approximately 280 million years of the earth's history, and the "Age of Mammals" represents the evolution of animals and plants in North America over the past 65 million years. A scholarly booklet accompanies each poster. The Reptile mural costs $33 and the Mammal mural $31; or get one of each for $59. Both are available from Yale Peabody Museum Associates, Box 2103A, Yale Station, New Haven, Conn. 06520.



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Sterling Silversmiths Guild of America, Riverside, CT 06878

continued from page 97

Underground housing

have opted to live down under. In the warmer states, utility costs are practically nil. In the cold, cold states, heating/cooling costs still can be a mere 40 to 50 percent of what we abovegrounders are paying. Why the big discrepancy? For one thing, earth is a great moderator of temperature, and if a home is deep enough, the soil around it is coolest during the hottest part of the year, and warmest during the coolest part of the year. Moreover, that old aboveground nemesis—infiltration—can't even make a feather flutter through three feet of dirt.

Waterproofing

This is one of the major worries among families who are considering going underground. But it needn't be. There are many topnotch waterproofing products available—from rubber coatings you roll on like thick paint to giant membrane blankets that you literally wrap around the entire structure. These protective layers, coupled with good drainage techniques, keep earth-sheltered houses as dry as the proverbial bone.

Humidity

No, these houses are *not* "just like damp caves." Most earth homes are made of concrete—either precast into panels or poured into place. And just like plaster, the concrete slowly releases moisture into the house for a year or two. But a good ventilation system, and in some cases a dehumidifier, will do away with the excess moisture. Once that's accomplished, the house is no more humid than any other house.

Heating/cooling system

It just stands to reason that you won't need nearly as large a furnace to heat the same living space belowground (or earth-sheltered) as aboveground. And, in many climates, you'll rarely need air conditioning. Designers insist, however, that a good cross-ventilation system is essential the year around. They're quick to mention, too, that an earth-sheltered house is an ideal candidate for solar heating.

Other pluses

Besides its low, low utility costs, earth-sheltered housing offers these significant advantages:

- Low maintenance (no re-roofing and minimal exterior upkeep)
- Independence (if there's a January blackout, pipes won't freeze and occupants can stay fairly comfortable)
- Safety (from fire, tornadoes)
- Security (vastly reduced opportunities for vandalism and burglary)
- Low insurance rates
- Long life

Financing

Things are looking up. Lender resistance is softening, though many firms are still reluctant to bankroll a "risky" investment. Why "risky"? Because financial people: (1) have no experience with this type of housing, (2) are concerned about the extent of the initial costs, and (3) are worried about the resale potential. So if you're the *first* in your community to approach your lender for mortgage money, you're probably in for a bigger battle than you'd face if you were building a standard energy waster.

Architects/builders

Frank Moreland, professor of architecture at the University of Texas at Arlington and a one-man clearinghouse on earth-sheltered building activity throughout the U.S., suggests that prospective buyers seek the help of experienced pros. He agrees that it's often tough to find good pros nearby—especially builders. If you encounter this problem, he would advise hiring a small general concrete contractor to pour or assemble the shell. And by all means make sure the architect or his engineering associate oversees the shell construction and the waterproofing and earth-moving stages. Then have a regular builder finish off the interior.

Technical details

Here are three books that will give you a well-balanced look at this exciting new/old type of housing: *Earth-sheltered housing design: guidelines, examples and references,* Van Nostrand Reinhold Co., 135 W. 50th St., N.Y., N.Y. 10020, $9.95; *Alternatives in energy conservation: The use of earth-covered buildings,* Stock No. 038-000-002864, from Supt. of Documents, Govt. Printing Office, Washington, D.C. 20402, $3.25; *Underground Designs,* Malcolm Wells, Box 1149, Brewster, Mass. 02631, $6.

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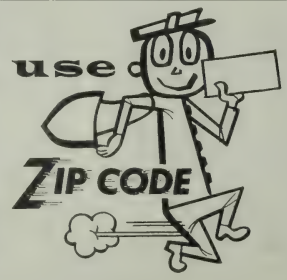
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That washer has seen a lot of work in 11½ years, but it has seldom seen the repairman.



J. C., 6, holding Suzi; Andy, 9½; Mrs. Marion Shapiro; Mr. Paul Shapiro; Steachi, 13; J. J., 15.

"My mother-in-law had a Maytag Washer for umpteen years; because of her satisfaction, we bought ours," writes Mrs. Marion Shapiro, Rockaway, New Jersey.

11½ years have convinced her Maytag Washers are built to last longer and need fewer repairs. "Living in suburban New Jersey, my boys get quite dirty (this time of year they're covered with mud and I wash sneakers daily)," she states.

"I do between 2 and 5 loads a day, *every day*." But nothing seems to faze that washer, according to Mrs. Shapiro; and she adds that her Maytag Dryer has also proved to be a faithful helper.

"When the time came to buy a dishwasher, we never even shopped," says Mrs. Shapiro. She and her husband went straight to a Maytag dealer and ordered a Maytag Dishwasher. That was three years ago and it has been a joy right along, she concludes.

Naturally, we don't say all Maytags will match that record. But long life with few repairs is what we try to build into every Maytag Washer, Dryer, Dishwasher, and Disposer.

It's no fun being lonely, Mrs. Shapiro.





I just put in the dishes and I know they're going to come out clean, says Mrs. Shapiro. That's what I like best about my Maytag Dishwasher. Also, it's quiet.

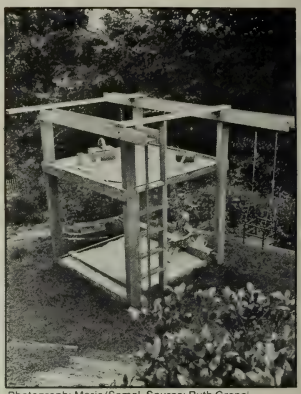
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Double-decker playhouse

The kids can have two games going at once in these double-decker playhouses. Both are easy to assemble, especially with help from the youngsters who'll use them. Build both of them from scratch, or order the model at bottom in kit form.

The little miss in the photo at right is preparing sand pies for a mid-afternoon picnic. Her sandbox is seven feet square and is equipped with a convenient bench to use on those rare occasions when she's not engulfed in sand. The sandbox sides and bench seat are 2x6s; the bench riser is simply a 2x4 on edge.

While the sand pies bake, there's plenty of time to scoot up the ladder (it's constructed of 2x4s) to play on the platform above. It's made of 1x6s bolted to a 2x4 framework. The



Photograph: Maris/Semel. Source: Ruth Grenci

corner posts are 4x6s anchored in concrete. Extensions on either side of the platform hold a box swing and rope ladder (hidden from view).

While some of the neighborhood kids sun themselves on the bottom level in the other playhouse, *below,* others can pretend they're on the top deck of a pirate ship. This 14-foot-high unit can be more than just a pirate ship, however; the kids also can turn it into a castle, a tower, or a fort. The structure is made from a kit that's partially assembled in panels for quick installation. All lumber is western red cedar. The support framing throughout is 2x3s; 1x4s cover the floors and walls of both levels.



Photograph: John Rogers. Design: Alpha Building Systems. Source: Sims/Magazzine

Buying information, page 170

The Harthglass Firescreen.
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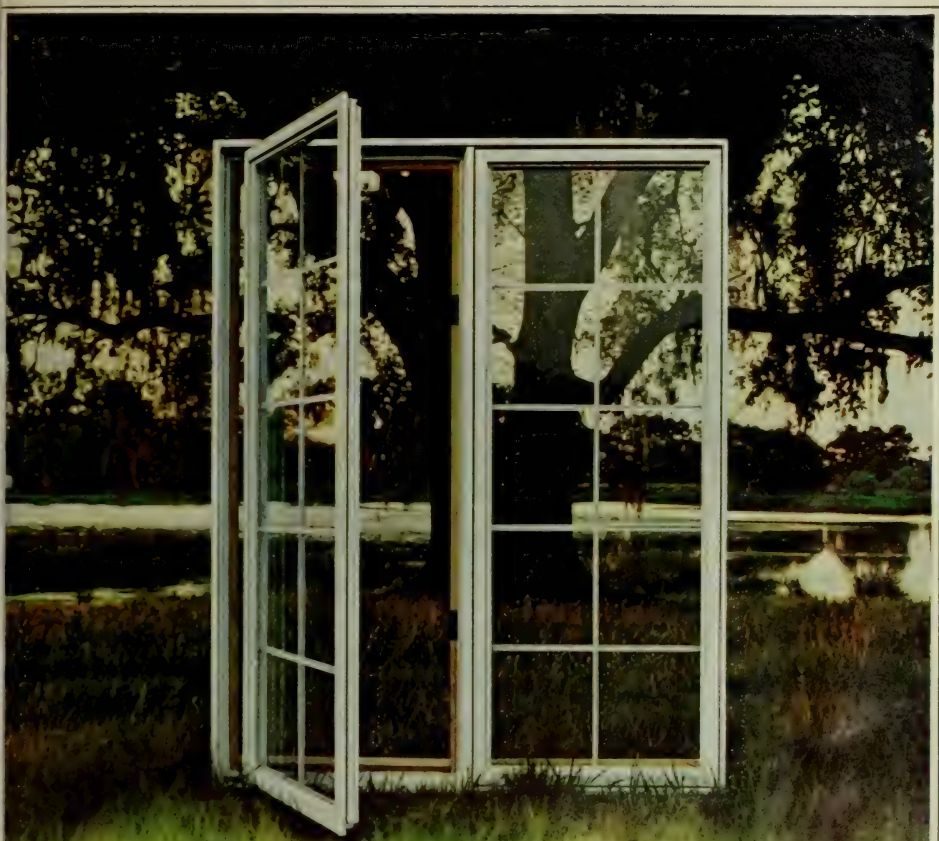
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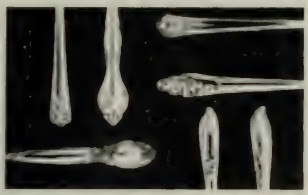
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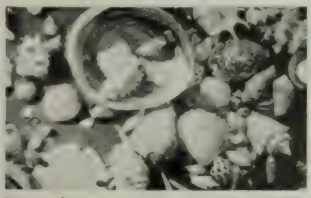
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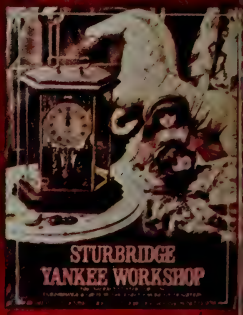




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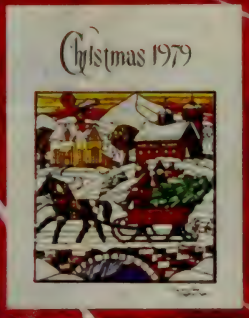
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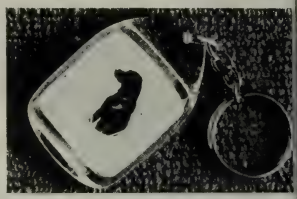
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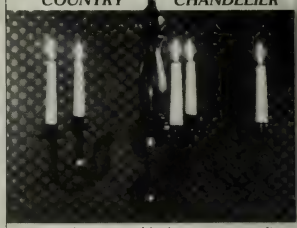
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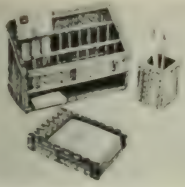
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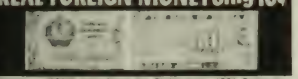
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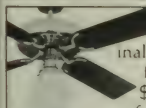


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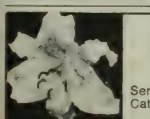


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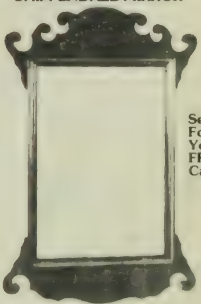


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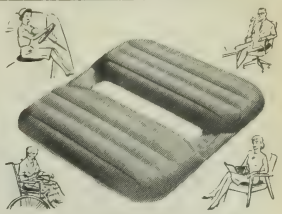
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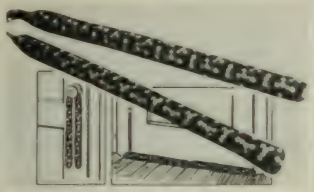


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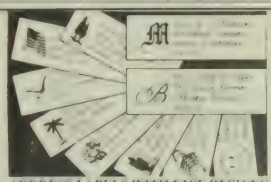
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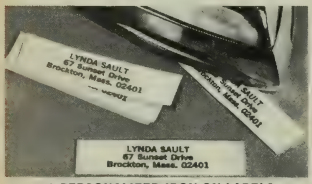
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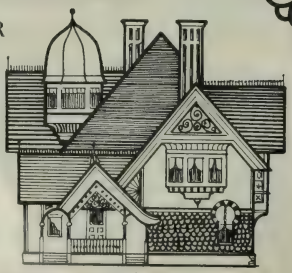
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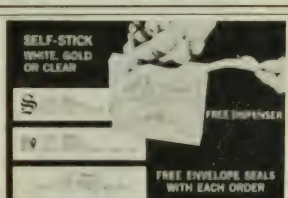


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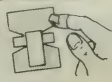
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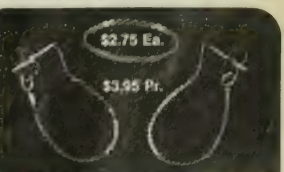
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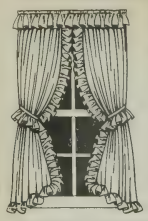
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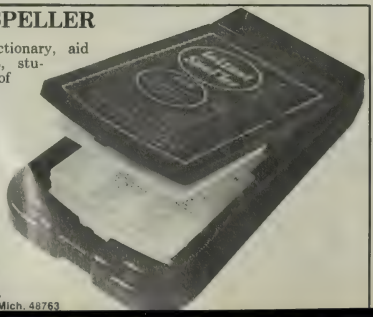
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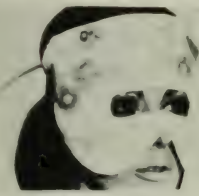
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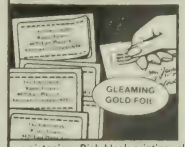
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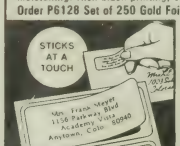
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Unlike the youths of my generation, Burt, Jr., and his friends probably will be able to purchase cars soon after they get their driver's licenses. But with the escalating cost and limited availability of gasoline, I wonder if they'll be able to do anything more than polish their vehicles.

While he relaxed on the patio the other evening, Grandpa Hillis allowed that nothing melts away the years like the glow of a full moon.

An announcement from our church newsletter: "The person who was scheduled to speak about India this Sunday has been canceled until next Sunday." All questions of grammar aside, I know exactly how it feels to be "canceled" for a week, don't you?

Benjy Floyd, age seven, received his first love note from classmate Sally McKeen, and it triggered mixed emotions. Although inwardly pleased, Benjy was outwardly embarrassed when he had to enlist his mother's aid in reading it.

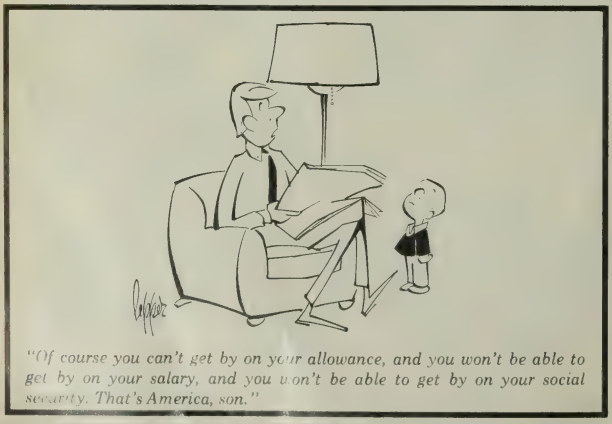
The Rev. George Hall, who's become an advocate of sound nutrition, aroused our congregation with a request that had nothing to do with faith or dogma. What set off the gnashing of teeth and wringing of hands was his



suggestion that desserts and fatty foods be eliminated from church potluck dinners.

Grandma Hillis maintains that she's never had any time for indecision. "It only puts you in conflict with your most reliable counselor—yourself," she states decisively.

Aunt Opal reports that an amateur theater group in her little town recently put on a live dramatic performance and found the audience highly receptive. "The acting wasn't so good, but it was the first time most of the young folks had seen a play without commercials," she explains.



"Of course you can't get by on your allowance, and you won't be able to get by on your salary, and you won't be able to get by on your social security. That's America, son."

After too many nights of school and church business meetings, Dick Dresch wants to ban the phrase "entertain a motion." Dick says he's seen many a motion tortured and twisted, but never a one entertained.

The courage that it takes to stand up for one's convictions has always been an admirable quality. But unfortunately, too many people seem to subscribe to the "me-too" philosophy most of the time. That's why I was so heartened by an incident that occurred in our town last week.

Chris and I participated in a town hall dialogue between voters and the candidates for our county board of supervisors, and the subject of high property taxes dominated the discussion. One questioner put the candidates on the spot when he asked each one to pledge that he or she would not vote for a tax increase if elected. All did—some agreeing emphatically with the need to "draw the line," some expressing reservations but following the pack nevertheless—except for Susan Hayes. Ms. Hayes said she would not make that promise when she knew that major capital expenditures for county road and bridge improvements would be required in the next fiscal year.

Her response may turn out to have cost her a seat on the board, but it won my vote. She was the only candidate to deal head on with the need for such an improvement program, despite the pressure to downplay county projects that might bring a tax increase. Although I'm just as distressed about property taxes as most of my neighbors are, I respect Ms. Hayes for putting honesty above popularity.

People who maintain their integrity so steadfastly are always in the minority, and that's not surprising. We pay a price for each conviction, just as we pay for the lack of it. Yet Ms. Hayes knew that a flexible, conditional stand is no stand at all. Would anyone have bothered to quote Patrick Henry if he said "Give me liberty or offer me a good compromise"? I doubt it.

Burton Hillis

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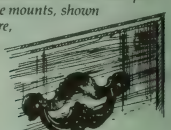


The handsome dentil molding and broken pediment top on the china provide Old World character that's in harmony with 20th Century decors. And each glass door is composed of thirteen pieces of glass—symbolic of the original thirteen colonies.



Notice the elegantly carved cabriole leg design on the hunt-board and chairs. It's another example of how that masterful Thomasville touch has captured a popular 18th Century American look.

The early colonists added decorative touches to chests with handwrought brass mounts and drawer pulls. The mounts, shown here,



are authentic reproductions, recreated by Thomasville specifically for the Collector's Cherry line.

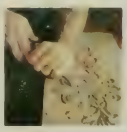
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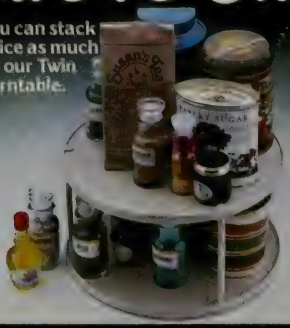
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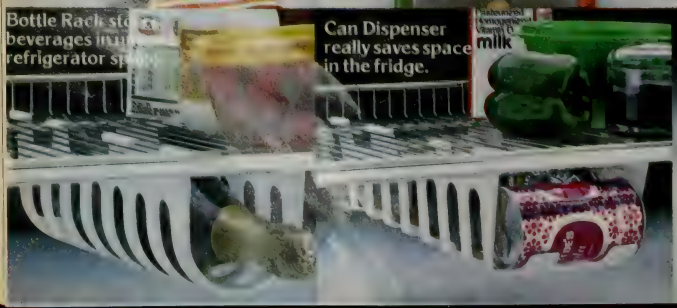


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Bottle Rack st… beverages in… refrigerator s…

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Rubbermaid

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Dress up your house with Perma-Shield angle-bay or bow windows in the size that suits it best. Your Andersen dealer can help. He's in the Yellow Pages under "Windows."

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The beautiful way to save fuel*

Andersen Windowalls

AW

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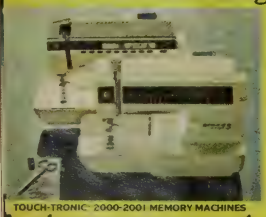
SINGER PRICES ARE DOWN THIS YEAR ALMOST AS DRASTICALLY AS OTHER PRICES ARE UP.

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We want them to do that sewing with Singer.

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STYLIST* MACHINE 834†	$55	LESS THAN LAST YEAR
STYLIST MACHINE 533	$40	LESS THAN LAST YEAR
STYLIST MACHINE 543	$30	LESS THAN LAST YEAR

Reductions based on prices in October, 1978, vs. September, 1979, in Singer stores. Comparisons may vary at dealers. † Reductions for 1030 and 834 based on prices for comparable machines.

The best way to find out how easy Singer can make sewing for you is to hurry to Singer. See for yourself how much sewing machine your money will buy this year.

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You may have thought it was impossible for any company to roll back prices in a year like this one. But it wasn't. It just took Singer to do it.

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You don't have to buy all those other kitchen cleaners ...use Grease relief® instead.



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What this headache needs is 100% pure pain reliever. And that's Bayer® Aspirin. Bayer Aspirin is not 80%...not 90%...it's 100% pure pain reliever. Bayer adds nothing because – even for a big headache – you don't need anything else. And rest assured, Bayer Aspirin has relieved millions of headaches with no stomach upset.

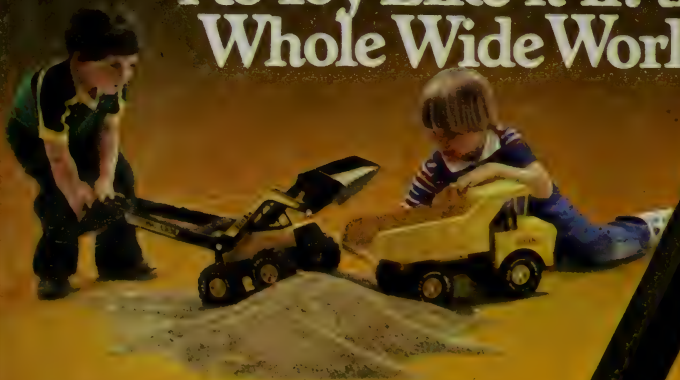




If you need more than Bayer Aspirin...see your doctor.

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Tonka's done it again! A totally new kind of toy, a totally new kind of fun.

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Now we've put the same beautiful textured steel doors on all the kinds of refrigerators we make. And we make more kinds of refrigerators than anyone.

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We do all this because we want you to like your Whirlpool refrigerator, and us, for a long, long time.

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Home Appliances

Quality. Our way of life.



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Push once to open—twice to close. That's convenience—with an Extra Touch of Safety! It is designed into Genie's complete new line of automatic garage door opener systems.

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Insist on a genuine Genie for convenience, safety and performance you can count on.

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The **ALLIANCE** Manufacturing Co., Inc., Alliance, Ohio 4460

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Maker of the famous Antenna Rotator...Alliance Tenna-Rotor®..."TV's Better Color Getter!"

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Color Naturals brings deep, rich texture and soft, new natural colors together in one luxury paint.

You notice the difference the moment you start to apply Color Naturals... its consistency as it eases onto the wall. The evenness with which it covers. In one coat.

And you'll enjoy the lovely finish for years.

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DIVISION SCM CORPORATION,
CLEVELAND, OHIO 44115


When you bring out
your Irish linen,
don't bring out
spotty glasses.
Get the
Cascade look...
virtually spotless
Most detergents can leave drops that spot.
But Cascade's sheeting action leaves glasses
virtually spotless...beautifully clear.
For virtually spotless dishes,
nothing can beat Cascade.
Cascade
FOR VIRTUALLY
SPOTLESS DISHES

Margaret Daly

Between-jobs survival tactics

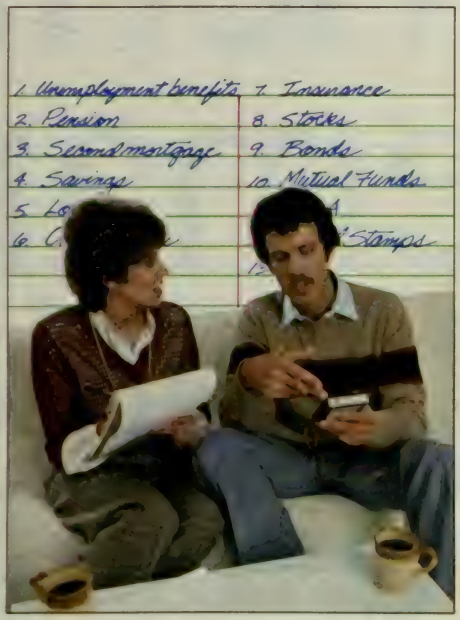
When you find yourself suddenly out of a job, it's difficult not to panic. Even though the situation is temporary, it can wreak havoc with your finances and your family life unless you tackle matters calmly. It's wise to do some thinking in advance about what you could do between jobs.

Your first, most pressing problem is cash, but some quick decisions must also be made.

There is no way to fully prepare for the many pressures of unemployment. Sure, you can set some money aside. It also helps to establish a solid credit rating and to maintain a good relationship with a bank or savings institution. If you're not already a credit union member, join now: It will make borrowing easier should the need arise. Your membership remains even though you may no longer work for the same employer. Also arrange for an automatic overdraft privilege on your checking account; that's an easy loan source to tap right away when you need it.

Once out of a job, your strategy will be based on several tactics:

- Cut back on expenses.
- Explore how other family members may be able to contribute to income.
- Collect all the benefits you are entitled to from the government.
- Arrange to postpone debt payments.
- Draw on your savings in such a way that you lose as little interest earnings as possible.
- Borrow money where you pay the lowest interest.
- Keep as much catastrophe protection—life and health insurance—as you can possibly afford in the interim. Also keep your liability coverage on auto and homeowner policies, but look for other ways to cut insurance costs like raising deductibles.



Bridging the cash gap

Unemployment benefits. These depend on where you live and how much you earned when you worked. In mid-1979, they averaged almost $90 a week, ranging from a low of about $70 in Puerto Rico to $192 in Connecticut. You can collect benefits for up to 26 weeks or up to 39 weeks. Location determines the rules.

Depending on where you live, you can begin collecting unemployment immediately or after one or two weeks. As an insured worker, you are entitled to this help regardless of how much your house is worth, how much severance pay you received, or how much money you have in the bank.

Claims usually are handled at state employment service offices, which is also where you list your qualifications for obtaining another job. Be sure to tell the counselor of any secondary skills you might have, for even in a soft labor market there are still openings to be filled. These show up on statewide computers.

Existing debts. Go to your creditors and tell them that you've lost your job. No one wants to foreclose on your mortgage or repossess your car—that costs time and money. If you have some equity in the house—through a good-sized down payment, mortgage installments, or both—you can almost always arrange to skip paying the principal on the mortgage for a while, and only keep up with the interest. Sometimes you can get the whole payment extended for a month or two.

Since cars depreciate rapidly, you'll have a harder time leapfrogging whole payments on auto installments. But here again, the lender may be willing to let the principal ride for a short period, or he may suggest rewriting the loan so that it will stretch over a longer period at lower monthly payments. The same applies to other installment debts.

Tapping your savings. With or without a job, you want to earn the most you can on your money while still being able to draw on those funds when you need to without undue loss of interest. Be sure to compare interest rates and the possible penalties you may incur as a result of premature withdrawal.

"Passbook" accounts pay the lowest interest rates (currently 5¼ or 5½ percent). A day-of-deposit-day-of-withdrawal account, available at many commercial banks and some savings institutions, is best for your immediate cash needs since you earn interest up to the day you pull out the cash. Other kinds of passbook accounts pay interest only on money you keep in for a longer period—a month or three months, typically. Credit unions usu-

continued

Photo: Kuhn/Garmon

Merit Demand Builds.

Low tar MERIT attracts increasing number of former high tar smokers.

A few years ago most smokers agreed: low tar meant low taste.

Then along came MERIT, packed with 'Enriched Flavor'™ tobacco and taste-tested by thousands of smokers.

No other new cigarette in the last 20 years has attracted so many smokers as quickly as MERIT!

The demand continues to build—and among low tar smoking's toughest-to-please group: high tar smokers. In fact, over 70% of MERIT smokers are coming directly from high tar brands.

It's clear: MERIT taste is changing attitudes toward low tar smoking.



MERIT
Kings & 100's

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 8 mg "tar," 0.6 mg nicotine—100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

© Philip Morris Inc. 19

continued

Between jobs

ally pay more than banks on such accounts. U.S. Government Series E Savings Bonds now return 6½ percent if held for five years, but you lose interest if you cash them sooner.

Time deposits at commercial banks, savings banks, savings and loan associations, and credit unions—where your funds are committed in large amounts and for longer periods—earn the highest interest. Early withdrawal can cut this return by more than half.

Borrowing often is best done all at once, not in dibs and dabs, since to arrange one big loan is easier than to keep coming back for more.

Life insurance loans carry the lowest interest rates—from five- to eight-percent interest. The catch is that any life insurance loan reduces by an equal amount the sum paid to your family if you die. Generally, the insurance company will let you take out low-cost term insurance to cover the loan, provided you're in good health. With most policies you also can use an automatic loan provision to pay the current premium out of existing cash value.

Automatic overdraft checking accounts allow you to write checks in excess of your balance, though most accounts limit the amount to a few hundred dollars or so. These loans carry a 12-percent interest rate. So long as you keep up with the required minimum installments, you can keep writing checks until you reach your limit. You can also borrow money on your bank card. Rates are generally no more than 12 percent—but again, there's a limit on what you can borrow, and you must pay monthly minimums.

Lacking other resources, consider refinancing your mortgage or obtaining a second mortgage: You probably have a sizable value in your home to borrow against. Check with your mortgage lender, other banks, your credit union, and consumer finance companies on current rates. However, some lenders may be reluctant to grant larger loans or a second mortgage when your monthly income picture is bad. Also, interest rates may be steep.

If you own stocks, bonds, or mutual fund shares, you can borrow against them at a bank or with your broker. (Banks are likely to be more receptive to small loan requests.) Your only risk is that securities may diminish in value to the point that the lender will require you to cover some of that loss with cash. Sometimes you can sell the securities through the bank or broker, but generally the proceeds will be used to reduce the loan.

Staying insured

You can't do anything about buying new disability insurance, No company will write a policy for someone who is not employed, But you can maintain health and life insurance, although you'll pay more for equivalent coverage than you did at work.

Life insurance. You have 30 days after leaving the job to convert your company group policy to an individual one. The switch can be costly, since you usually may convert only to whole life rather than term. To convert just $30,000 into a whole life policy costs from $600-$650 a year in premiums for a man age 40—hardly the kind of money you want to spend when you're fresh out of a job. But you generally can convert just part of your group policy.

If you're in poor health, conversion may be your only choice. Otherwise, consider buying a new individual term policy. Until you reach your mid-fifties or so, it's cheaper.

Health insurance also may be converted to renewable individual insurance within 30 days. Benefits frequently are not as generous as under group coverage. A family with parents in their thirties and with children will pay from about $130 to $350 for three months for a converted policy.

For more inclusive—and more costly—alternatives, check your nearest Blue Cross/Blue Shield office and other insurance companies. Also look into "interim" policies, particularly if you expect to be rehired shortly.

If your family is really destitute, you may qualify for Medicaid.

What about your pension?

If you have worked for the same company for a number of years, chances are that you are partly or fully vested in your pension and profit-sharing plans. When you lose your job, most of these plans let you either take these monies in a lump sum, or "roll them over" into an "individual retirement account" (IRA)—a tax-sheltered program. The government gives you only 60 days from receipt of the pension funds to irrevocable commitment.

The lump-sum settlement is taxed but you get a tax break: Your own contributions are tax-free, and employer contributions predating 1974 are taxed as long-term capital gains. The rest is considered ordinary income, but you can average it over ten years (i.e., parcel it out into lower tax brackets). However, you must pay all the taxes right away.

Taxwise, the IRA option is all in your favor. Not only is the transfer of funds from pension and profit-sharing plans into an IRA tax-free, but the earnings of your IRA also are tax-free at the time they are earned.

IRAs may be invested in one of several ways, and you may switch investment plans once every year. Moreover, IRA accumulations are exempt from federal estate taxes, provided they are payable to your beneficiaries in substantially equal installments over at least three years.

On the other hand, you're liable for a stiff tax penalty if an emergency, like losing your job, forces you to tap your IRA before you are 59½ years old.

Last resorts

You must be pretty well strapped to qualify for government assistance programs. For example:

Food stamps may be available to you if your gross earned income, including unemployment benefits, doesn't exceed $945 a month for a family of four (less for smaller families). A complicated series of deductions must then bring this gross down to $7,150 net on an annualized projection. Also, your assets can't total more than $1,750. The equity you have in your house doesn't count, but you must include the amount by which your car's market value exceeds $4,500, unless the car is used for self-employment.

The AFDC program (Aid to Families with Dependent Children) now pays benefits in about half the states to two-parent families whose breadwinner is unemployed. Eligibility varies from state to state. To check your eligibility, inquire at your local state or county social services office.

—George Bush

Fisher-Price comes to the rescue with a new hook-and-ladder.

And a team of husky firemen.

Parents have been asking us for a nice, big fire truck for a long time. We think this one has been worth the wait.

The Fisher-Price Fire Truck is designed to inspire your children to all kinds of daring deeds. The big ladder on its rotating turret can extend high enough to cope with most rescues. There are two extra ladders, a water nozzle, and a revolving searchlight.

But, best of all, are our two spunky firefighters, with hands that can get a good grip on their equipment.

So now, at last, there's a fire truck that's made the Fisher-Price way. Thank you for asking.



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Dan Kaercher

ARTHRITIS:
An encouraging progress report

It's easy to see why many experts describe arthritis as "everybody's disease":

- **By the time you reach your 60s, X rays of your joints almost certainly would reveal arthritis, even if you don't have aches and pains.**
- **Many young Americans, including 250,000 children, have one of more than 100 different arthritic disorders.**
- **In all, 31.6 million Americans—one out of seven—now have arthritis, according to the Arthritis Foundation.**

Too often, persons who learn they have arthritis (called rheumatism by some) become invalids because they believe—erroneously—that nothing can be done. Usually only neglected late-stage arthritis brings constant pain, inability to handle daily tasks, or wheelchair confinement, according to arthritis specialists such as Dr. Mary Betty Stevens, director of the Arthritis Center at Johns Hopkins University.

Some forms of arthritis are controllable; most are totally manageable. Even persons who have long suffered from considerable disability now can get notable relief.



Major treatment advances include new surgical joint replacement techniques, improved understanding of how drugs affect arthritis, and the development of new drugs for arthritis victims.

In human terms, the joint replacement techniques mean, for example, that a teacher who had been confined to a wheelchair can walk back into the classroom. Thanks to the development of arthritis drugs, persons with arthritis can play tennis, perform simple (but formerly agonizing) tasks like buttoning their shirt collars and combing their hair, and frequently continue in physically demanding jobs like handling heavy machinery.

Successful treatment of arthritis, like that of other chronic diseases such as diabetes or high blood pressure, demands the patient's active participation. Much depends too on the understanding and help of the patient's spouse and other family members.

If you (or a member of your family) suspect—or have been told—"It's arthritis," the following facts can help you understand what's involved.

What is arthritis?

The word means "inflammation of a joint," and most forms of arthritis do involve inflammation. Symptoms include tenderness, swelling, heat, redness, and pain that inhibits motion.

All of us experience these symptoms—sometimes resulting from overexertion, sometimes seemingly "out of the blue." But an aching back or knee does not always indicate arthritis. When you're uncomfortable, it's hard to distinguish pain in the joint (osteoarthritis or rheumatoid arthritis) from pain around the joint (bursitis and tendonitis, for example). Diagnosing arthritis is even difficult for a physician, since similar symptoms may have different causes and require different treatment. A detailed medical history, X rays, and blood tests can help establish the specific type of arthritis.

You'd be wise to see your doctor if you have any of these symptoms (which can signal other disorders as well as arthritis):

- persistent pain and stiffness on arising
- pain, tenderness, or swelling in one or more joints (such as the neck and knees), especially when such symptoms recur and/or remain in one joint
- unexplained weight loss, fever, or fatigue

Arthritis symptoms may come and go; also, some individuals are more sensitive than others to certain symptoms. The experts warn that the more troublesome the symptoms and the longer treatment is delayed, the greater the likelihood of permanent damage to the joints.

How do joints work?

Joints are the sites where bones come together. Some joints are rigid; most are movable.

Bone ends are contoured to fit together and are covered with a rubbery protective cushion called cartilage.

continued on page 29

Illustration: Bob Lapsley

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12. What is your skin type?
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13. What is your hair type?
☐ Dry ☐ Normal ☐ Oily

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Arthritis progress

The whole joint is enclosed inside a capsule of dense fibers known as ligaments. This capsule is lined by the synovial membrane, which secretes a lubricating fluid (not an oil) into the space between the bone ends.

What are the most common types of arthritis?

● **Osteoarthritis.** Sixteen million persons (about half of all arthritis sufferers) have this form of the disease, which many specialists prefer to call "degenerative joint disease." Weight-bearing joints such as the hips, knees, and spine are most commonly affected; others frequently involved are the end joints of the fingers and the joints at the base of the thumb and big toe.

Osteoarthritis is thought to be a result of the wear and tear on cartilage that accompanies aging. The condition can be accelerated by excess weight, poor posture, injury, or a combination of these factors. Some occupations (such as riveting) and leisure activities (such as long-distance running) are harder on the musculoskeletal system than others. A youngster playing football or performing gymnastics, for instance, may suffer a seemingly minor injury to a joint that can predispose him or her to a major arthritis problem later in life—unless care is taken to protect the joint from re-injury and to permit complete healing.

Here's what happens to the joint when cartilage disintegrates: bone ends rubbing against each other put



continued

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Fresh Apple Cake

1½ cups all-purpose flour
2 teaspoons baking soda
½ teaspoon salt
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1 teaspoon ground nutmeg
½ cup margarine or butter, softened
1 cup granulated sugar
2 eggs
4 cups finely chopped, pared apples
1 cup KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
1 package (3 oz.) cream cheese, softened
1 tablespoon margarine or butter, softened
1 teaspoon vanilla flavoring
1½ cups sifted confectioners' sugar

Stir together flour, soda, salt, cinnamon, and nutmeg. Beat the ½ cup margarine and the granulated sugar. Beat in eggs. Stir in apples, cereal and flour mixture. Spread in greased 9 x 9 x 2-inch baking pan. Bake at 350° F. about 45 minutes or until done.

To make frosting, beat cream cheese, the 1 tablespoon margarine and vanilla. Gradually add confectioners' sugar, beating until smooth. If frosting is too thick, add 1 to 2 teaspoons milk. Spread on cooled cake. YIELD: 12 servings.

Variations: In place of the All-Bran cereal, use 2 cups Kellogg's® 40% Bran Flakes cereal. Or crush 1½ cups Kellogg's® Cracklin' Bran® cereal to coarse crumbs.

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continued

Arthritis progress

pressure on nerves and cause aching, soreness, or more severe pain—especially with movement. Sometimes the rubbing produces bony spurs.

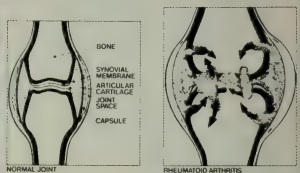
Enlargements of the end joints of the fingers are known as Heberden's nodes. Degenerative joint disease involving the hands often runs in families and affects more women than men. Usually it progresses slowly and seldom cripples.

● **Rheumatoid arthritis.** This form of the disease affects 6.5 million persons (about one out of five arthritis victims), and usually begins between the ages of 20 and 45. A person with rheumatoid arthritis also may develop osteoarthritis. Although frequently mild, rheumatoid arthritis is potentially disabling. Besides affecting the joints, it can attack connective tissues throughout the body, causing fever, fatigue, and loss of appetite.

In the joints, inflammation starts in the synovial membrane where inflammation eats away at cartilage. Without proper treatment, scar tissue may eventually form between bone ends and may fuse joints, making them permanently immovable. Inflammation also can cause joint distortion, which is most apparent in the hands and feet.

Rheumatoid arthritis affects three times more women than men. However, it is thought that genes and not hormonal activity contribute to the disease. Recently a number of researchers have reported the discovery of genetic markers associated with rheumatoid arthritis in white blood cells. Such markers may someday permit mass screening to identify persons predisposed to the disease.

Rheumatoid arthritis also affects children under age 16. A particularly devastating form can cause growth retardation and permanent crippling; another form is milder and frequently leaves without permanent damage.



● **Gout.** An estimated one million Americans, mostly males, have this inherited defect that leads to excess uric acid in the body. The uric acid sometimes forms needlelike crystals in joints, making them hot, swollen, and very tender. The large joint of the big toe usually suffers first.

● **Other arthritis disorders.** These include systemic lupus erythematosus, an inflammatory disease that affects connective tissues throughout the body (see *Better Homes and Gardens,* August, 1978); ankylosing spondylitis, an inflammatory disease of the spine; and psoriatic arthritis, a problem for one out of ten persons with psoriasis (a scaling skin disease).

A new form of arthritis was discovered in 1975, thanks to two alert mothers in Lyme, Connecticut. Their efforts to find the cause of their children's illness triggered an investigation that led to the discovery of what is now known as "Lyme arthritis."

continued

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continued

Arthritis progress

The disease, which has also appeared elsewhere on the East Coast and in the Midwest, is probably viral and is spread by ticks. It starts with a ringed skin rash and proceeds to joint pain and inflammation.

Which treatment is best?

The basic aims of all arthritis treatments are to suppress inflammation, relieve pain, prevent deformities or structural damage in joints, and maximize the patient's mobility and ability to function.

Arthritis treatment may include medication, physical therapy, and changes in daily living patterns. Corrective or preventive surgery is another alternative.

Treatments for specific arthritic disorders can vary widely. Unfortunately, this often leads to misunderstandings among patients who compare notes about aspirin dosage and exercise restrictions, for example.

Here are the treatment approaches that are currently considered most effective in controlling *rheumatoid arthritis and osteoarthritis* (treatment for each is different because they are different diseases; rheumatoid arthritis is usually more debilitating).

What drugs are helpful in treating these two forms of arthritis?

● **Aspirin** remains the drug of choice. Many patients wonder how this nonprescription mainstay in the family medicine cabinet can help a disorder as severe as arthritis. The explanation lies in the larger dosage used for arthritis—often ten to 16 five-grain tablets daily for rheumatoid arthritis, fewer for osteoarthritis.

Aspirin is taken every day, even when symptoms are absent. The high dosage first suppresses inflammation, then relieves pain. In arthritis, unlike headache or sore throat, aspirin is used to treat symptoms, not simply to ease them. Buffered, coated, or timed-release products minimize stomach irritation (the most troublesome aspirin side effect). None of these aspirin products has been shown to be better than the others in helping all arthritics; however, the individual patient may find by experimentation that a particular form is easiest to tolerate.

Another side effect of high doses of aspirin is a sensation of ringing in the ears, known as tinnitus; this symptom disappears when the dosage is reduced.

If your doctor prescribes aspirin for arthritis treatment, ask him or your pharmacist whether or not he recommends any particular brand of aspirin product in your case. Also inquire about which brand and quantity of aspirin tablets per bottle would be most economical for you to buy. Aspirin remains available at a small fraction of the cost of other drugs that reduce inflammation.

● **Other Anti-inflammatory drugs** may be used for both rheumatoid arthritis and osteoarthritis when aspirin causes unacceptable side effects, or does not work. The most effective and well-tolerated of these drugs, which have become available only in the last few years, are (generically) fenoprofen, ibuprofen, indomethacin, naproxen, tolmetin, and sulindac.

● **Corticosteroid drugs**, such as cortisone, are the most potent anti-inflammatory drugs. When injected into joints in small doses, steroids can markedly reduce pain and inflammation within hours. However, if taken daily by mouth in high doses over long periods of time, steroids can cause unacceptable side effects—mental disturbances, high blood pressure, fragility of bones, peptic ulcers, easy bruising, lowered resistance to infections, and fluid retention. When use of steroids is discontinued, arthritic symptoms often return with a vengeance.

For these reasons, responsible physicians try to limit oral use of steroids. They are prescribed primarily for rheumatoid arthritis and systemic lupus erythematosus—usually for short periods during severe flare-ups. But less than scrupulous practitioners, particularly in Mexico, have exploited arthritis sufferers by treating them with high doses of steroid drugs that bring temporary relief.

● **Gold compounds** have been used to treat arthritis for more than 40 years and still are considered appropriate for rheumatoid arthritis, if the drugs previously described fail to work. Gold treatments must be given by intramuscular injection over a period of weeks or months. Possible side effects include damage to the kidneys or bone marrow, and a severe rash.

● **Other drugs** prescribed for rheumatoid arthritis (but not osteoarthritis) include antimalarial drugs. A newer drug, taken orally, is penicillamine, which produces results similar to those of gold in patients who haven't responded to other forms of medication. Immunosuppressive drugs—some of the same ones used in cancer therapy—are used as a last resort for patients with unrelenting rheumatoid arthritis.

Where do rest and exercise fit in?

Resting the entire body by lying down in bed for several short periods during the day helps reduce the inflammation of rheumatoid arthritis. However, resting for too long or in the same position can cause joints to become temporarily "frozen." Sometimes resting a single joint in a removable lightweight splint can prevent contractions and deformities.

Exercises for arthritis are not conventional physical fitness routines. Their purpose is to gently move joints through their full range of motion and help strengthen muscles—two benefits even a more active life might not provide. When prescribed exercises are performed every day, they can help prevent and even correct deformities. The exercises may employ simple objects such as a lump of clay or a broom, or store-bought devices such as a hand gym. The experts also highly recommend swimming in a heated pool.

How can you cope with everyday problems?

If you have arthritis, your doctor—in cooperation with a physical therapist, an occupational therapist, or a rehabilitation nurse—may tell you how you can minimize strain by changing your daily routine. Often this simply means finding better ways to perform ordinary tasks.

Look for clothing with front openings and easy-to-handle fastenings (Velcro tape, large buttons, or zippers with large tabs). A woman may find it helpful to switch from hand-carried purses to shoulder bags. Avoid such activities as wringing out clothes or dishcloths, and learn to use your joints correctly.

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continued

Arthritis progress

For example: Extend your fingers when washing dishes, open a carton with the heels of the hands rather than the thumbs, and carry a bag of groceries with a "hug" instead of one arm. And ask your pharmacist to repackage medication in easy-to-open containers.

Choose a bed with firm support and resilience (such as a five-inch foam mattress over a bed board). Raise the height of the bed with wood blocks if necessary for easier access. An electric blanket may ease morning stiffness.

You can make or purchase a variety of self-help arthritis aids. If your neck motion is limited, wear prism glasses for reading. To make grasping easier, build up standard eating and writing utensils with foam hair curlers or rubber bike grips. Add long handles to toothbrushes or combs to compensate for loss of reach. A raised toilet seat reduces stress on hip and knee joints.

Over 400 other aids for arthritis patients are described in the *Self-Help Manual for Arthritis Patients*, available for $1.50 from the Arthritis Foundation (see address at the end of this article). While such self-help devices can make life more comfortable, the arthritis victim should continue trying to keep joints as mobile as possible by following the physical therapy routine recommended by a doctor.

How successful is surgery?

Joint surgery procedures are progressing rapidly, but debate continues about the best techniques and timing for surgery, rebuilding or replacing joints with artificial ones, and even the appropriateness of surgery for any single patient.

Although surgery cannot cure arthritis, it may relieve pain, restore joint function, and delay or arrest further destruction of a joint. It can even save another joint on which the patient has put undue stress to compensate for lost function in the arthritic joint.

Typical of recent progress is a new technique—less drastic than total hip joint replacement—for resurfacing the hip joint. In the standard replacement procedure, performed on about 100,000 persons in the U.S. last year, the head of the long leg bone (the femur) is sawed off and replaced by a metal cap. In both instances the "socket" in the pelvic bone into which the "ball" fits is lined with polyethylene. The metal-to-polyethylene joint surface permits relatively stress-free movement.

What relieves chronic pain?

Acute pain, such as that which accompanies inflammation in rheumatoid arthritis, usually responds well to treatment with medication, exercise, and rest.

For chronic pain from the destruction of a joint by the disease process, still experimental drugless techniques may prove effective, reports Dr. Berthold Wolff, research professor of psychology at New York University and president of the American Pain Society. These therapies for interrupting the pain cycle —which often is self-perpetuating—include biofeedback, self-hypnosis, behavior modification, and stimulation of nerves with low-level electric current.

How can the family help?

Family members can help by acknowledging the unpredictable aspects of arthritis and giving support when needed. At the same time, the family can encourage self-reliance.

The person with arthritis, particularly rheumatoid arthritis, may be too tired and stiff to get out of bed in the morning, yet be able to handle household chores in the afternoon. She (or less often, he) may say the pain is bearable one day but intolerable the next.

Bouts of depression may be part of the on-again, off-again course of arthritis, too. Such stress and anxiety can create muscle tension that, in time, can worsen arthritis. Sometimes it may seem that a person with arthritis complains merely to avoid stressful responsibilities and elicit sympathy: That usually isn't the case at all.

If it hurts the arthritis victim to move—particularly the hips, knees, or lower spine—her or his enjoyment of sex may decline. Unfortunately, physicians as well as patients sometimes avoid discussing arthritis-caused sex problems. In such cases, it's up to the patient to overcome embarrassment and solicit a physician's advice.

Arthritis specialists suggest that

continued

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continued

Arthritis progress

advance planning can help arthritis patients enjoy sexual activity. Both partners need to communicate honestly about actual pain, fear of pain, and fear of causing pain.

Do copper bracelets help?

"No, although they do no harm," is the opinion of arthritis experts.

The spontaneous disappearance of symptoms, so common in arthritis, can reinforce belief in unscientific remedies such as copper bracelets.

Some "treatments" are based on erroneous information about how the body works. Cod-liver oil and mineral oil products, for example, are promoted for their ability to "grease" the joints. The fact is, arthritis is *not* caused by poor lubrication.

A balanced diet is the only diet with established value for persons with arthritis (except for gout patients, who may have certain dietary restrictions). However, a physician may recommend trimming excess pounds that overload joints.

Quack remedies lure U.S. arthritis victims into wasting an estimated $950 million each year and divert them from seeking truly effective care. Before you buy or try the latest "guaranteed cure," consult your doctor or call your local chapter of the Arthritis Foundation. Proven treatments aren't secret; they're all detailed in reputable scientific journals.

What's being done in research?

Only 3,000 rheumatologists (physicians who specialize in various aspects of arthritis) practice in the U.S.; just half of them provide patient care, treating only about three percent of all patients with arthritis. Of the 114 medical schools in the nation, 18 still have no special rheumatology faculties or programs.

Because of the shortage of rheumatologists, the overwhelming majority of persons with arthritis are treated by family physicians and internists. That's why the National Arthritis Act of 1974 promotes continuing education in newer methods of treatment.

The Act also provides support for a nationwide network of arthritis centers that focus on research into causes of arthritis, and education of health professionals, patients, and the public. These centers (24 now are operative) are funded by the National Institute of Arthritis, Metabolism and Digestive Diseases.

Also, the Arthritis Foundation funds research and 42 centers for patient treatment. Through its 73 local chapters, the Foundation provides such services as home care, rehabilitation, and patient education.

For more information

You can obtain a booklet called *Arthritis, the basic facts* and a list of related titles by writing: The Arthritis Foundation—Dept. BH, Lenox P.O. Box 18888, Atlanta, Georgia 30326. To receive the pamphlet *How to cope with arthritis,* write: The National Institute of Arthritis, Metabolism and Digestive Diseases, Building 31-9A04, Bethesda, Maryland 20205.

—Lynne Lamberg

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Your beltless pad has just gotten better.



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The New Freedom "Moisture Trap" pad. It's a new development. It absorbs so efficiently, we could improve the shape. Now New Freedom is more comfortable. You can't buy another pad like it.

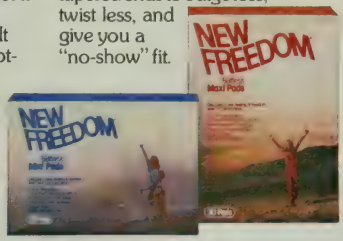
Discover the absorbent layers. The new New Freedom pad *pulls* moisture in, *traps* it deep inside, then *holds* it in millions of tiny pockets.

Discover the one-way quilted stay-dry cover. It surrounds the whole pad. It's designed to let wetness into the New Freedom "Moisture Trap" pad, but not let it back out.

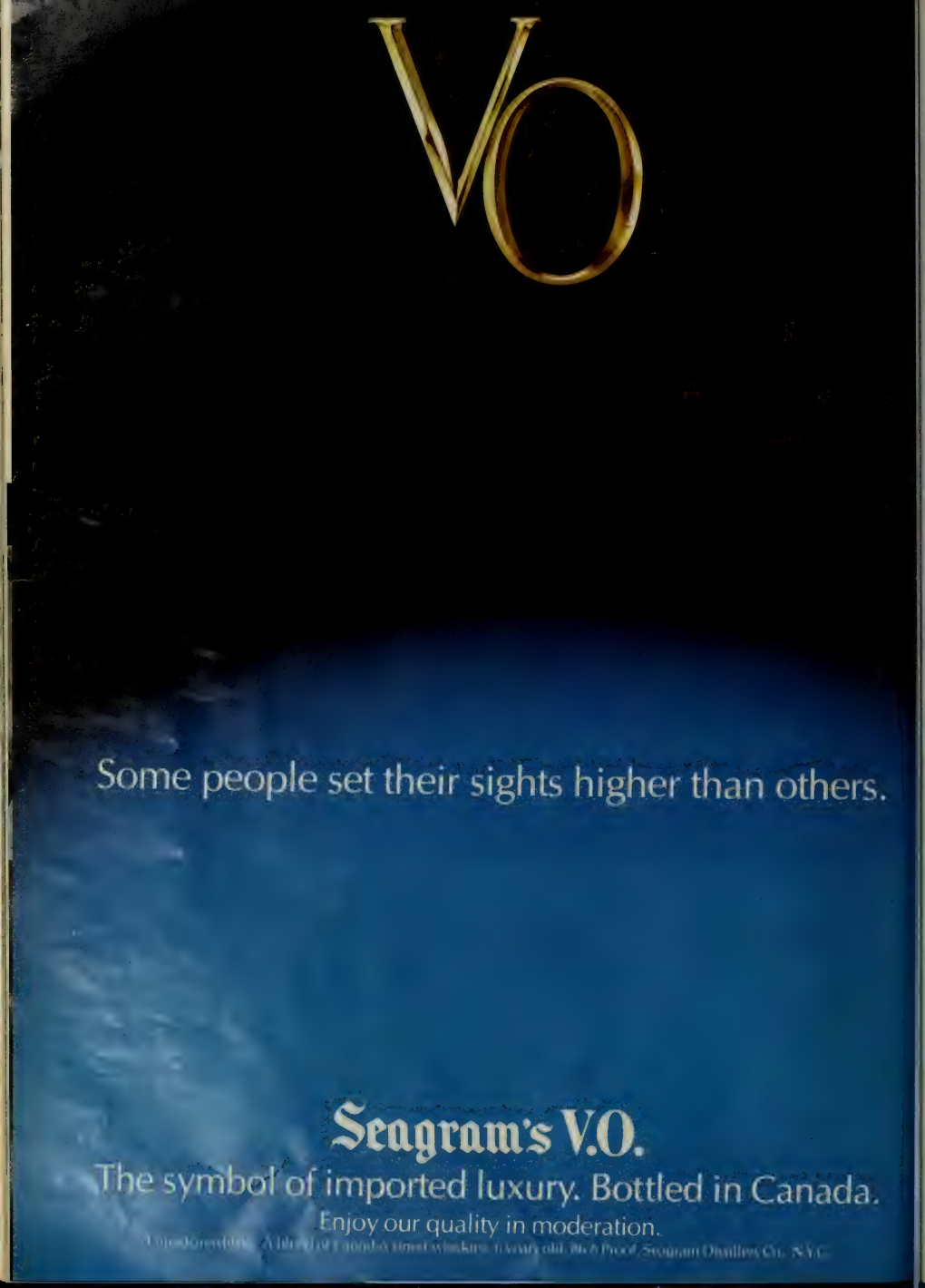
Discover the stain shield. It wraps around the sides and bottom of the New Freedom "Moisture Trap" pad, to give your clothes great protection.

It's not just beltless. It's better.

Discover the secure, comfortable shape. New Freedom pads have sealed ends to trap moisture inside. And rounded corners and tapered ends to bulge less, twist less, and give you a "no-show" fit.



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Tulip Garden

By Douglas A. Jimerson

Tulips originated in Turkey, and when they were introduced in Europe 400 years ago, they triggered a continental craze. The demand for these Asian imports so exceeded the supply that some of the rarer varieties sold for thousands of dollars. The economic bubble was known as "tulipomania."

Eventually this phenomenal case of tulip fever subsided somewhat, but the tulip has remained one of the most popular garden flowers—and with good reason. They're hardy, require very little care, and bloom for years once they are established. And best of all, they grow well in even the coldest climates.



Photographs: Maris/Semel. Source: Bonnie Maharam. Photographed at Martin/Viette Nursery and Brooklyn Botanic Garden

Tulip Garden

Tulips are generally broken down into 15 different classes which vary in appearance and season of bloom. The early bloomers include single early and double early. Mid-season bloomers include mendel, triumph, and darwin hybrid. Late- or May-flowering tulips include darwin, lily-flowered, cottage, rembrandt, parrot, and double late. And, for extra-early flowers, there are the species tulips: kaufmanniana, fosterana, greigi, and other species.

You can show off tulips alone, or use them to brighten a perennial or shrub border. But for a continuous show of color in an all-tulip bed, be sure to plant a combination of early-, mid-, and late-flowering varieties. Use the early-blooming varieties in front of the mid- and late-season tulips and save the shorter species tulips for the border edge or rock garden.

For best results, tulips need a period of cold and darkness to bloom. In Northern gardens, plant tulips in the fall before the ground freezes hard. In Southern locations where winter temperatures do not regularly drop below freezing, tulips are best treated as annuals. You can buy pre-chilled bulbs and set them out in the spring, or you can buy bulbs eight to ten weeks before planting time and chill them in your refrigerator.

Tulips grow well in almost any type of soil, but be sure the planting site is well drained. Standing water will rot the bulbs. Tulips also prefer a sunny location, but a spot that receives a little late-afternoon shade will keep the plants blooming longer.

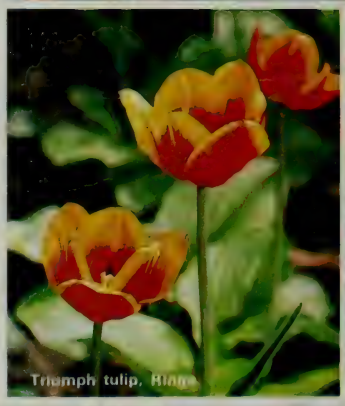
Before you plant your tulips, be sure your planting bed is in good condition. Till or spade the bed and rake the surface smooth. Then, all you have to do is dig a hole to the appropriate depth, place the bulb in the bottom of the hole, and cover the bulb with improved soil. To ensure success, add a little bone meal to the bottom of each hole before you insert the bulb. Planting depths vary with each class of tulip, so be sure to read our class descriptions before you plant.

Single early tulips

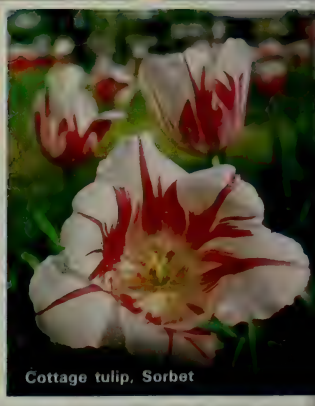
In most parts of the country, the single early tulips start to bloom the



Parrot tulip, Texas Gold



Triumph tulip, Ringo



Cottage tulip, Sorbet



uble late tulip, Mount Tacoma



ly-flowered tulip, West Point



Darwin hybrid tulip, Union Jack

first two weeks of April. The flowers are available in a host of colors and bicolors, and many are pleasantly scented. Single early tulips are very hardy and bloom on sturdy ten- to 12-inch stems. Plant bulbs six inches deep and six inches apart.

Double early tulips

The large peony-like blossoms of the double early tulips are always welcome from early to mid April. They are available in a variety of colors and bicolors and bloom on eight- to ten-inch stalks. Plant bulbs eight inches deep and six inches apart.

Mendel and triumph tulips

Both mendel and triumph tulips are important to the bulb garden because they link the bloom seasons of the early-flowering tulips with the late-flowering tulips. Blossoms usually appear in late April and early May. Mendel and triumph tulips come in a wide range of colors and bicolors and grow 18 to 24 inches tall. Bloom stalks are sturdy. Plant bulbs eight inches deep and five inches apart.

Darwin hybrid tulips

For jumbo flowers and tall sturdy stems, you can't beat the darwin hybrids. The plants grow to 28 inches tall and produce larger flowers than any other tulip class. Darwin hybrids come in an assortment of brilliant colors and bicolors. Most bloom from late April to early May. Plant bulbs eight inches deep and six inches apart.

Darwin tulips

The May-flowering darwin tulips are available in more colors than any of the other tulip classes. Also, the plants produce reliably year after year on weather-resistant 25- to 30-inch stems. Plant bulbs eight inches deep and six inches apart.

Lily-flowered tulips

These graceful tulips add a touch of elegance to any garden. The plants bloom in early May on 25-inch stems and are available in white, yellow, rose, red, and bicolored varieties. Plant eight inches deep and six inches apart.

continued on page 186

Fall Crafts Special

Create a WALL HANGING

as fresh as all outdoors

By Nancy Lindemeyer

Autumn is the season to revel in nature's quiet, muted colors—soft golds, warm browns, mellow greens, and retiring reds. That's why we've selected October as the time to share with you the beautiful fall-hued wall hanging pictured opposite. This exquisite woodland scene, entitled "Naphtali" (a leaping hart), was designed by the Rittermere Crafts Studios of Vineland, Ontario, Canada, and worked by expert stitcher and imaginative colorist, Jo Lohmolder.



The stag, flowers, buds, and leaves on the hanging are all worked in the traditional tapestry hooking technique on gold burlap, with ½-inch strips of soft wool flannel dyed in a subtle palette of woodsy hues. Chain stitch, French knots, and turkey work embroidery stitches—also worked with the wool flannel strips—are used to embellish a few flowers, leaves, and stems, adding texture and dimension to the finished piece. (A floor frame or large embroidery hoop helps to keep the tapestry taut as you hook.) For more explicit how-to information, turn to page 216.

Jo Lohmolder selected commercially dyed and precut fabric strips to complete the wall hanging shown at right. But when she decided to translate this unique design into a free-form crewel embroidery piece, she chose to use her own naturally dyed yarns in the stitchery. Jo is an ardent advocate of creating your own colors "in harmony with nature" for such needlework projects. It's easier than you might imagine, and a great way to add a new, personal dimension to your work. "What's more," asserts Jo, "you can't make a mistake in combining colors when you work with natural dyes." Nature's hues inevitably harmonize with each other.



Even the novice dyer with limited materials at her disposal can achieve an astounding variety of exquisite colors. To demonstrate this point, Jo agreed to ten different shades of wool yarn—ranging from golds and greens through rusty reds and rich browns—for the stitchery version of our "Naphtali" wall hanging—and all derived from the humble onion-skin! The results of her artistry are apparent in the photographs of the stitchery-in-progress on this page.

Delighted by Jo's skill and enthusiasm, we asked her to share both with our readers. So if you'd like to learn how to create colors nature's way, you'll have your chance on the next pages.

Follow along as Jo demonstrates this fascinating, age-old craft. We think you'll find it impossible to resist trying your hand when you see just how easy, unmessy, and fun it is to cook up fantastic colors from ordinary castoffs—garden weeds, roadside flowers, and the like. And you can do it all right in your own kitchen!

continued

How-to instructions for both the hooked and crewel embroidery versions of the "Naphtali" wall hanging begin on page 216.

Designs: "Naphtali" wall hanging, Rittermere Crafts Studios; Stitchery and dyes, Jo Lohmolder. Photographs: Jim Hedrich, Hedrich-Blessing





HOMEMADE DYES IN NATURE'S COLORS

Of course you can walk into a shop and select yarn from among the dozens of marvelous colors available from today's manufacturers—we do it all the time. But if you'd like to take a quantum leap in your crafting experience, get adventuresome and create your own colors for needlework projects. You can do it without lots of special equipment or supplies—in your own kitchen—using such ordinaries as onionskins, walnut hulls, and garden weeds.

Dyeing with natural materials is more than a craft—it's a fascinating hobby as well, and one that can happily involve the whole family. A trip to the backyard weed patch, a walk in the woods, and a vacation in a new part of the country all offer opportunities to collect new vegetable materials for the dye pot. And the range of colors you can achieve offers the thrill of the unexpected. Who would expect a beautiful lemon yellow dye from white Queen Anne's lace blossoms? Or a rich array of raspberry pinks from a homely lichen? Or a glorious range of brick reds and oranges from dull dried madder root?

What's more, dyeing with vegetable materials is easy and inexpensive. Best of all, using the soft, subtle colors of naturally dyed yarns in knitting, crocheting, needlepoint, and other stitcheries can make those beautiful handcrafted projects uniquely your own.

Have fun, experiment—and who knows? You might get hooked and begin coloring like expert Jo Lohmolder. A 15-year veteran colorist, Jo creates dyes from every weed, blossom, root, or lichen she can find, and uses them to dye everything from yarn and fabric to homemade soaps and candles!

The photograph at left shows some of the vegetable materials that can be used as dyestuffs, along with a sampling of the results Jo achieves using natural dyes on raw (untreated) wool yarns. As you look at this enticing display, imagine how you can create deep, intense tones as well as the soft, muted colors used in the project shown on the preceding pages.

To introduce you to this intriguing craft, we're happy to pass along some of Jo's tips on preparing and using natural dyes. Below, we take you through her step-by-step process for preparing a dyebath of onionskins, and share her hints on dyeing yarn.



Preparing the yarn

The first step in the dye process (1) is preparing the raw wool to accept a color. The mordant (a chemical fixative agent) is measured in proportion to the amount (weight) of yarn Jo plans to dye. Here Jo uses crystals of copper sulfate as a mordant, but alum, tin, and chrome are also common fixatives (available in some pharmacies and from specialty mail-order houses). The final yarn color will vary according to the mordant used. Thus, you can achieve different yarn colors from the same dyebath if you first soak yarn skeins in different mordants.

The mordant is dissolved in a pot of warm water, then the yarn is added and allowed to steep for an hour.

Preparing the dyebath

While the yarn is soaking in the mordant, Jo prepares an onionskin dyebath in a copper pot atop her electric stove (2). When the skins have steeped for an hour in boiling water, Jo strains most of the skins from the dyebath (3) before adding the yarn.

Dyeing the wool

Remove the wool from the mordant bath, squeeze out the excess water, and immerse the wool in the dyebath.

Simmer the wool for an hour in the dye, then remove the wool and rinse it in hot water. Wash the wool in lukewarm water with liquid detergent. Finally, rinse the wool thoroughly and hang it to dry.

"Be prepared for surprises when you work with natural dyes," says Jo—and you'll be amazed at the rich yellow-gold produced by your simple pot of onionskins!

For more, turn to page 216.

Written with Mary Spencer

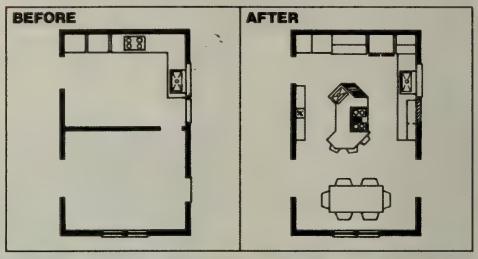
THESE FAMILIES LIKE TO COOK and their kitchens show it

By Joan McCloskey

In more and more households, cooking is becoming a favorite participation sport—and any number of folks can play. To demonstrate, we've picked two families who completely redid their kitchens to make group cooking even more fun. They used kitchen islands as part of their strategy —and scored winning points, as you can see.

Twenty years ago Dick and Carlin Pfeifel purchased their first and only house. Over the years they spruced up the kitchen occasionally with paper and paint, but eventually the family simply outgrew the tiny space.

Both Dick and Carlin love to cook together, and in the old kitchen they found themselves constantly in each other's way. To solve the problem, they consulted a kitchen planner who put their dream kitchen on



Buying information, page 226





paper and made the dream a reality.

The Pfeifels wanted pristine white metal cabinets with tongue-and-groove cedar walls and ceiling to soften the room. They also wanted a casual, relaxed spot right in the kitchen where both family and guests could dine. To gain an eat-in dining space, they removed the partition that originally separated the kitchen from the formal dining room, giving them a space 22 feet long and 13½ feet wide. (The actual cooking core is a compact 12x13 square feet.)

To solve the "underfoot problem," Dick and Carlin insisted on a large center island that would allow plenty of elbowroom for each cook. Now there's enough counter space for the whole family to play chef and entertain guests besides. The new island is a spacious seven feet long and five feet wide and has a fascinating shape that maximizes the available floor space. The top is surfaced in ceramic tile. A butcher block insert near the second sink makes a convenient center for washing and preparing salad ingredients.

Carlin loves what the new island has done for the traffic flow. The island keeps kids out from underfoot when the cooks are chopping and slicing and also provides a comfortable spot for family lunching. Guests like to sit around the island while they sip wine and oversee the dinner preparations.

Above the self-venting range in the island is a custom-designed pot rack, storage, and a downlight that provides just the right amount of light to check out what's cooking. The light system does double duty by softly illuminating the dining space as well. Baskets and a variety of utensils are shelved above the light unit, within easy reach from all sides.

Cleanup gear—sink and dishwasher, plus the refrigerator and a well-used compactor—is housed against the pass-through wall. Cooking appliances, including ovens and a microwave oven, are handily built into the far wall. When the Pfeifels are entertaining guests, the microwave is used to warm up bread and sliced meat or cook vegetables in a jiffy.

Now that the dining area is open to the kitchen, the Pfeifels' dinner guests often help with the cooking. "That's part of the fun of entertaining in our new kitchen," says Carlin.



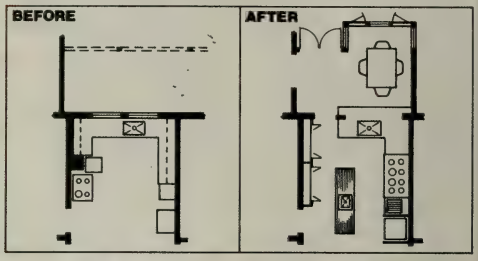


Photographs: Hedrich-Blessing. Design: St. Charles Kitchens. Source: Bonnie Mahsram.

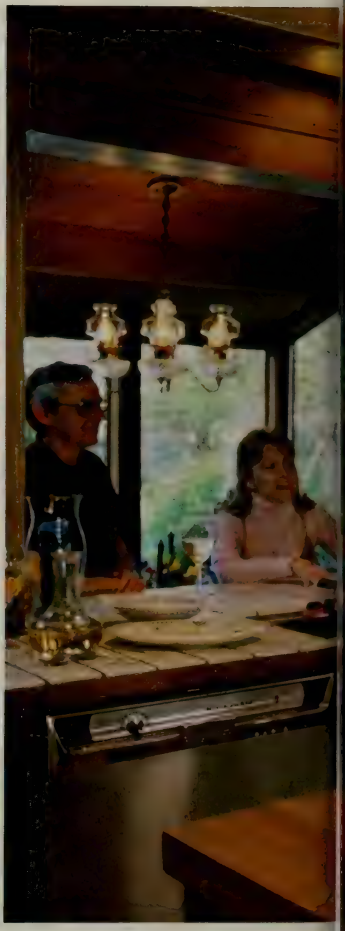
THESE FAMILIES LIKE TO COOK
and their kitchens show it



Since all the members of the Frank Higgins family love to cook and entertain, they quickly realized that the kitchen in the house they'd just bought would have to be expanded. Not only was the kitchen acutely short on space, it was isolated from the rest of the house because of an inconvenient and illogical traffic pattern. To get from the kitchen to the family room or patio, you had to traipse through several other rooms and







down a hallway.

Counter space consisted of two small areas on either side of the sink—period. And the kitchen was dark and gloomy besides, with only two tiny windows over the sink. (The Higginses said that if they'd been able to see the kitchen when they first looked at the house, they never would have bought it!)

What Jan and Frank and their three children wanted was space for everyone to work, plus room to eat nearby. (The formal dining room is used only for special holidays.) Clearly, the existing space would have to be completely reorganized.

The Higginses enlisted the help of an architect but—to keep costs down—Jan decided to do the subcontracting herself. She picked up building permits, called inspectors, hired workmen, and drove to factories to pick up building materials so they'd be ready for the subcontractors. She even managed the cleanup every night after the workmen left—an extra effort that further cut the costs.

First the old sink wall was opened up and the back porch was enclosed under the existing roof line to serve as the eat-in dining spot. The Higginses also added a six-foot-wide sliding glass door, two skylights, and a 3x7½-foot bay window. Opening up the wall solved the traffic pattern problem. Now there's direct access from the kitchen to both the family room and the garden patio.

The key to the new kitchen's efficiency is a center island that's 7½ feet long and two feet wide with a sink and disposal in the center and storage space below. A ten-foot-long floor-to-ceiling storage wall, hidden behind louvered doors, occupies the wall opposite the island; the refrigerator and cook center are across the way. To accommodate all the cooks in the family, Jan selected a restaurant stove with six burners, two ovens, and a griddle. Next to this is Frank's pride and joy—a built-in barbecue grill.

Separating the kitchen proper from the eating area is a wide ceramic-tile counter. It's handy for setting down hot casseroles or roasting pans on their way to the table.

In the new family dining room, terra-cotta tiles were used on the floor. The exposed brick beneath the counter/divider was originally an exterior wall; the new walls were surfaced with redwood.



Photographs: Fred Lyon. Architect: Harley E. Jensen, AIA. Source: Barbara Cathcart

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A second-story garden room

Immediately after Alan Field bought this two-story bungalow, he began planning its remodeling. The second-story plant room you see here does more for the exterior than any other part of the renovation. It was necessary to construct a level floor over the original roof, but that cost less than adding onto the main section of the house.



Photographs: Maris/Semel. Design: Alan Fields. Contractor: Gary Steffler. Source: Ruth L. Grenci



The garden room is light and airy and offers a beautiful view of the wooded landscape. The sliding glass panels lining the upper edge of one side of the garden room are often opened for natural ventilation. An attic vent fan helps out in the summer months. The larger windows are fixed glass. Flooring is black water-resistant vinyl tile which helps retain the heat in the winter.

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Choosing and using track lighting

Special effects lighting has been used for years in theaters, office buildings, and showrooms, and now it's showing up in more and more homes. By choosing from the numerous track lighting systems on the market, you can stage your own special lighting effects. Here's some information to put you on the right track.

What is it?

As its name implies, track lighting is a series of lights on wall- or ceiling-mounted strips or tracks of metal. Track lighting is similar in effect to recessed lighting, but more economical and easier to install.

Versatility is one of the big pluses of track lighting. You can spotlight a painting, beam a light on a desk or worktable or billiard table, or wash an area with light to open up a room.

You can also add, subtract, or reposition canister lights on the track as your needs change. If you move, you can take the system with you.

Another plus of track lighting is convenience. There are no dangling wires, no lamps taking up floor or table space. Your light source is up above and out of the way, and all you notice is the effect.

Where to get advice

Many lighting fixture distributors (who offer the widest selection of track lights) and some electric utility companies and interior design firms have trained consultants. They can help you pin down your needs and plan your track lighting system.

Some manufacturers' catalogs offer guidelines for positioning the tracks, spacing the lamps, and selecting the bulbs. If a catalog is available, check these recommendations for yourself.

Make certain that the fuse circuit in your home can handle the electrical load you plan to have when your track system is installed.

Track lighting components can be purchased separately, and units made by the same manufacturer can be combined. In most cases, however, elements made by different companies are not interchangeable.

Many firms that sell track lights do not install them, so you may have to hire an electrician or install the system yourself. Installation of a simple single-circuit track is not a complicated task.

There is also an optional cord that can be attached to the track and plugged into an existing wall outlet. The cord will be exposed, of course, but you can run it along the edge of the ceiling to a corner and paint the cord to blend with the walls.

The track

Strips of track can be affixed to the ceiling (or to a wall) with toggle bolts, screws, or spacer clips. You can bring down the wiring from a standard on-off switch through a junction box, or you can attach the track to the wires used for an existing fixture.

Directions for connecting the wires to the proper terminals on the track come with the system.

Ask your dealer whether the track you are interested in can be attached to an outlet anywhere along its length. Some tracks connect only at one end.

Pre-wired tracks come in two-, four-, and eight-foot sections. Special connectors are available that allow you to snap different lengths together, in much the same way that you lengthen the tracks of a model electric train.

Track lights can be installed in a straight line, or in a variety of patterns such as a T, L, or X shape, or in a triangular or rectangular shape. Sections are easily cut to form any odd lengths you might need.

Originally, all tracks were one-circuit, which meant that all the lights had to be used at once, unless you climbed on a stepladder and switched the lamp off at the ceiling. Now, more sophisticated systems have been developed that give you a choice of circuits, so you can turn on three different sets of lights independently. Each set is controlled by a separate wall switch.

If you have a three-circuit system, you will have to position your lights on the track, focused on what you want to light, and set each individual light for circuit 1, 2, or 3.

Installing a multi-circuit system is a job for a professional or at least for an experienced electrician.

All tracks are continuous electrical outlets that are polarized and grounded for complete safety. Electrical conductor wires are embedded in insulation, so it is virtually impossible for anyone to touch the hot wires with the fingers or a screwdriver.

Lighting modules

The lighting modules or lamp holders (also called canisters or cans, though they're not all can-shaped now) can be joined to the track in seconds. First you insert an adapter into the track, then slide in the right size module for your lighting needs. A switch on the adapter lets you turn the individual lights off and on.

You'll find lamp holders in several shapes—spheres, cylinders, squares, and spots—and several different sizes. You have a choice of black, white, and teakwood finishes.

The lamp holders can be pivoted up and down, and rotated from side to side. They stay put, however, once you aim the lights.

Bulbs and lights

You can use a regular light bulb in any lamp holder, though this won't project the light on a specific area. For special effects, you will need a floodlight or spotlight.

Some spotlights simply give strong direct light; others are internally silvered and have built-in reflectors to throw the light where you want it.

One specialized device, called a "framing projector," is a precise spot-lighting unit that cuts the light beams

continued

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continued

Track lighting

to the exact size and shape of a painting, tapestry, or other wall hanging.

A wall-washing floodlight will provide a large expanse of light, literally bathing an entire wall or window evenly from top to bottom. This is a good way to light a display of paintings.

Lighting modules are available to hold 30- to 300-watt spotlights, though the largest sizes are generally meant for commercial use.

You can choose the amount of light you need to illuminate your art objects or other displays. Before you select your lamp holders, decide how much light you might want at any given time, as the largest bulbs will not fit in all lamp holders.

Special systems

In addition to the light tracks that are installed in plain sight on a ceiling or wall, there are miniature systems that can be installed under an open bookshelf or in a cabinet, and tracks that can be concealed behind a special trough.

The small tracks can be attached with screws and have cords that plug into ordinary wall outlets. Tiny swiveling spotlights, regular light bulbs, or a fluorescent light can be positioned anywhere on the track, which comes in lengths up to 40 inches.

Another option is trough lighting. It looks built-in so it may be a better choice than exposed track lighting if your furnishing style is strictly traditional. The trough is a plain particleboard baffle, behind which track and lighting units can be mounted.

The trough comes in 60- and 120-inch lengths and can be painted to match the ceiling or wall. Lights for wall washing or spotlighting can be used with the trough.

Costs

You should be able to find a simple straight eight-foot track, fitted with three lamps and a plug-in cord, for around $150. The cost of individual lamp holders for wall- or ceiling-mounted systems may range from $25 to $45, depending on the size and style. An eight-foot track will fall somewhere in the same price range.

For a more complex light, such as the framing projector, you can expect to pay around $175.

Connectors to join tracks and optional cords range in price from $5 to $10. Special bulbs for wall washing or spotlighting cost from $3 up.

Placement guidelines

Several factors, including the height of the ceiling and what you want to do with the light, determine the location of ceiling tracks.

Generally, the tracks should be mounted two to three feet from the wall in a room with a 7½- to nine-foot ceiling.

For a room with a ceiling nine to 11 feet high, the recommended distance from the wall is three to four feet.

Where the ceiling is 11 to 13 feet high, tracks should be four to five feet from the wall.

However, if you are lighting an art object that is located high on the wall or one that has a glossy surface that could reflect light, you may need to locate the track closer to the wall. Tracks located far from the wall will throw deep shadows, which may detract from a painting, but add interest to a sculpture.

A framing projector should be mounted about 24 inches from the picture. At an aiming angle of 60 degrees (the optimum for lighting pictures), the framing projector will light a picture or tapestry 24 inches wide and 62 inches high, with the art hung 26 inches down from the ceiling.

To reduce the area to be lighted, you simply close the shutters until you have the light on just the picture, with no spillover beyond the frame.

The farther away wall-washing lights are from the wall, the more even the effect and the more subdued the look of the surface texture. As a rule, the light modules should be spaced on the track about the same distance apart as the track is from the wall.

Consult the lighting experts about track location and study the manufacturer's directions. Then test the location for yourself. Have someone hold a light in the same position you plan to install your track lights and see if you like the effect.

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Hanes Alive® Support Pantyhose
We make support your secret...
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Margaret McMahon

idea NOTEBOOK

Personalized plates

Often the more important the occasion, the more difficult it is to choose a gift. For times like these, Iron Mountain Stoneware suggests the "Special Day" plate. This plate is made of high-fired, strong, and lead-free stoneware. It's a practical service piece as well as a decorative accent. Your message, hand-lettered, can be added to a ten-, 12-, or 14-inch platter. The plate is hand-painted with graceful garlands of deep blue flowers and leaves on a light blue-gray background. The maximum length of a message on the plate's face is four lines with about 30 letters. There can be an additional message on the back of about double the maximum for the face. The ten-inch plate is $35; 12-inch, $65; and 14-inch, $100. Obviously this is a special order, so you should allow six weeks for delivery. Send your message and order to Iron Mountain Stoneware, Laurel Bloomery, Tenn. 37680.





Swinging chair

Ever since Columbus discovered the "hanging net" used by natives in the West Indies, the hammock has been a favorite haven for comfort lovers everywhere. Etienne Dusart offers several traditional hammock designs in his shop "The Gentle Swing" on 156 Calle Cristo Street, San Juan, Puerto Rico. He's also come up with an ingenious variation called the "Hamok-chair." This unconventional chair is made of cotton twine, and it swings and rotates from a single ceiling hook. The inventor says the comfort of the chair is due to the asymmetrical weaving of the strings which "supports and controls the contour of the body."

It comes in natural or red, orange, yellow, brown, green, plum, or blue; with or without tassels. You can order it in natural, without tassels, prepaid from San Juan for $54.80. Add $4 for a color and another $6 for tassels. A catalog that describes other hammocks from The Gentle Swing costs one dollar.

Affordable elegance under foot

If you like Oriental rugs and didn't inherit your grandmother's Bokhara or Kirman, chances are you own, or want to own, a Karastan Oriental-design rug. Until recently these handsome carpets have been produced solely by traditional and fairly costly weaving techniques. Today, a new manufacturing development called "Kara-crest" has made it possible for those on a limited budget to own a fine Oriental-design rug. This process eliminates the handwork still involved in making a rug on the Axminster loom, and instead uses a computer to put the design on a tape which in turn controls the fabrication of the dyed yarns. "Kara-crest" is not a printing process, and the skeins are dyed separately in the wool before the carpet is fabricated, just as they are in the Axminster woven carpets. The new process does, however, considerably reduce the time required to prepare the design and set the loom. Along with the savings in time and labor is a savings in costs. In fact, the new "Kara-crest" collection from Karastan, "Oriental Classics," is priced at almost half the cost of a traditional Karastan oriental-design rug. An eight-by-11 foot all wool pile rug, for instance, will retail for about $750. The three designs in "Oriental Classics"—two Kirmans (intricate Persian floral patterns) and a Bokhara (the classic geometric of Turkestan)—are available in several sizes.

continued on page 62

Give your cola that Seven touch.

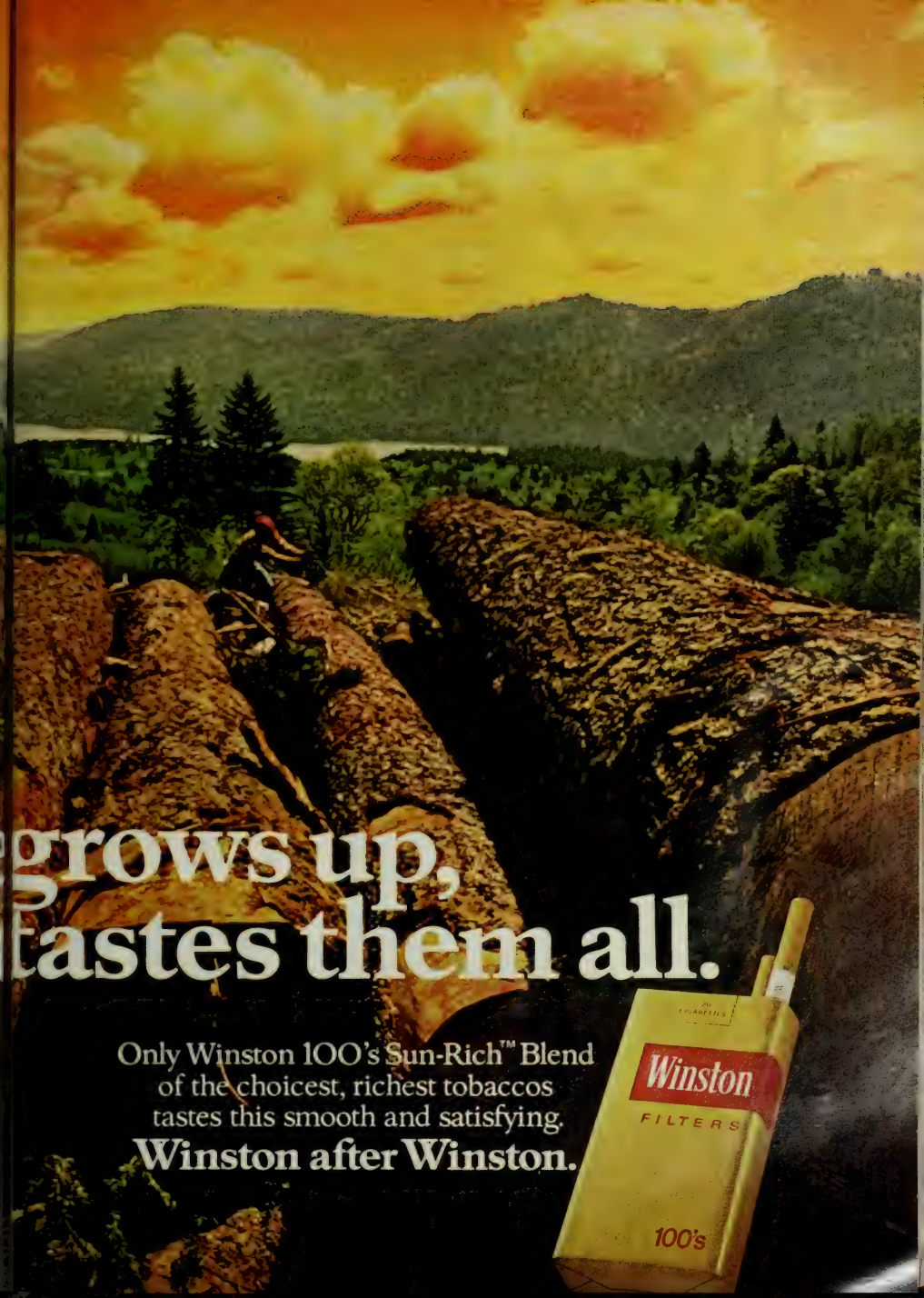
Seagram's 7 & Cola taste like they were made for each other. Pour 1½ oz. Seagram's 7 over ice, add cola and garnish with lime. Two great tastes, one great drink. Enjoy our quality in moderation.

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Where quality drinks begin.



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epe International For more information on dyeing: Write to Rit Dye, P.O. Box 806, Dept. 8, Indianapolis, IN 46206

For collectors who know a good time when they see it.

The first patent for a calendar clock was issued to a man named Hawes back in 1853.

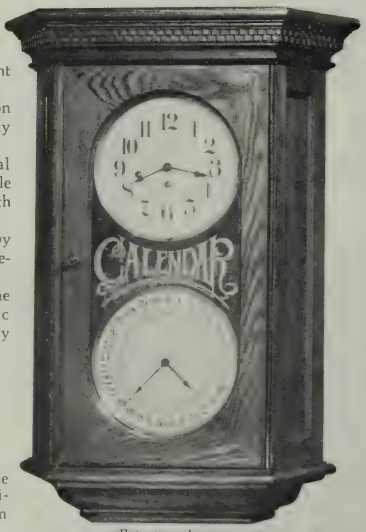
Today, his timepieces are sought by many serious collectors.

We're certain that our version of the Hawes clock will be equally popular in its own time.

Like the original, its top dial shows the hour and minute while the bottom dial shows the month and date.

Both sets of hands are driven by an 8-day key wind pendulum movement with Westminster chimes.

Beveling and detailing give the handsome oak case its authentic mid-19th Century look. A timely look for today's collector.



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Patent pending.

begins on page 58

idea NOTEBOOK

Restoration how-to

Anyone who is involved with restoring old homes will find *The Old House Journal* an invaluable source book. The monthly newsletter is a nuts-and-bolts guide that tells and shows you what to do about all the nagging, nitty-gritty problems that haunt a pre-1914 house. You'll learn how to deal with an old roof, leaky plumbing, and crumbling masonry, and you'll discover how to clean a chimney, design a period garden, restore porch latticework, and handle other esoteric chores. Perhaps most valuable is the *Journal's* source service for subscribers. Every issue lists sources for materials no longer generally available, and the editors promise to help a subscriber find almost anything needed for an old house. A one-year subscription is $12. Each issue contains several pages of helpful information and many how-to drawings. Back issues are available by the year. Or you can order an "Everything Package" that includes all issues from October 1973, plus a subscription through December, 1980, and the latest Buyer's Guide Catalog—all for $60. Send orders to *The Old House Journal,* 69A 7th Ave., Brooklyn, N.Y. 11217.

Easy estimator

If you read our June article, *Owning a home: How to figure the real cost,* you know how many different factors go into an estimate of the monthly cost of owning and operating a home. Well, the U.S. Department of Housing and Urban Development has issued a handy slide-rule-type estimator that converts all the figures into an answer. To order the *Home Buyer's Estimator of Monthly Housing Cost,* send a check or money order for $2 to the Supt. of Documents, Govt. Printing Office, Washington, D.C., and ask for Stock No. 023-000-00319-8.

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UPDATE

EXTENDED-WEAR CONTACT LENSES FOR POST-CATARACT PATIENTS

Contact lenses that can be worn for up to 30 days—and possibly longer—without being removed are now available for the nation's four million post-cataract patients.

A cataract clouds the natural lens of the eye, which focuses visual images; removing the lens surgically leaves vision blurred. Until now, post-cataract patients have had to correct their vision with thick and cumbersome eyeglasses that often interfere with side vision, surgically implanted artificial lenses that may have a greater potential for complications, or standard contact lenses.

The extended-wear contact lenses can be most beneficial for the elderly and those with arthritis who find it hard to insert and remove standard contact lenses.

The new lenses—which are more pliable and have a higher water content than ordinary soft or hard contact lenses—recently were approved by the Food and Drug Administration for use by post-cataract patients. General use by anyone who wears eyeglasses or contact lenses still is under investigation.

STROKE DEATHS: GAINING CONTROL

Better control of high blood pressure is a key to the dramatic 32-percent decline in stroke deaths in the U.S. in the past six years, says Dr. Robert I. Levy, director of the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health.

Less smoking among middle-aged and older adults, and reduced amounts of saturated fat and cholesterol in the diet—along with improvements in medical care—also are thought to contribute to the steady decline in recent years of deaths from stroke and other circulatory disorders.

However, stroke (which claims about 180,000 victims annually) still is the third most common cause of death in the U.S. Another two million Americans are disabled by strokes.

A nationwide study of over 500,000 persons, reported by the Department of Community Health and Preventive Medicine of Northwestern University Medical School, has confirmed that if there is a history of high blood pressure in your family, you're twice as likely to have high blood pressure yourself. Clearly, if you, or someone in your family, has been identified as having high blood pressure, other family members also should see the doctor.

LOWER INSURANCE RATES FOR PERSONS WITH EPILEPSY

Two national insurance companies have eased the barriers to health insurance for persons with epilepsy. Both Prudential Insurance Company of America and Bankers Life and Casualty Company, Chicago, have reduced by 25 to 50 percent respectively the extra premium charge for persons with the condition. (It's important to note that the scope of health coverage may differ from company to company.)

A Prudential analysis of applications for a recent six-month period showed that if the new underwriting practices had been in effect, 80 percent of the persons with epilepsy who applied would have been accepted, compared to the 30 percent who were. These changes, says the Epilepsy Foundation of America, are "in line with the realities of the condition."

TELLING THE PATIENT "IT'S CANCER"

Since 1961, physicians have markedly changed their attitudes about telling patients they have cancer, according to a report in the *Journal of the American Medical Association.*

Today, 98 percent of university-hospital medical staff members surveyed say their general policy is to tell the patient. In a similar survey conducted in 1961, 88 percent said their usual policy was not to tell the patient.

Researchers at the University of Rochester Medical Center offer several explanations for the shift in attitudes:

- Therapy for many forms of cancer has improved significantly in recent years, and physicians now believe they can offer patients greater hope.
- Public awareness of cancer has increased; as a result, less stigma is attached to having the disease.
- Because the dying process is better understood, physicians have a greater understanding of the needs of dying patients.
- Patients need to know their diagnosis in order to participate in still experimental new treatment programs, and to satisfy the legal requirements for informed consent.

Several studies refute the notion that leveling with the patient who has cancer causes psychological harm. Still, a physician's decision may be influenced by the patient's wish to be told, his or her emotional stability, age, and ability to comprehend, and the wishes of relatives.

HOT WATER HEATER ALERT

You should be aware by now that an unnecessarily high setting on your hot water heater wastes energy. But did you also realize that this practice poses a threat to your family's safety?

The U.S. Consumer Product Safety Commission (CPSC) says water at 130 degrees can cause skin injury in 15 seconds. Water at 140 degrees, the preset temperature of most gas heaters, can scald the skin in less than three seconds. At 150 degrees, the factory setting for most electric heaters, water scalds in less than one second.

Every year in the U.S., excessively hot tap water causes nearly 3,000 preventable burn injuries. Most often, the victims are aged five and younger and over 65; handicapped persons also have a higher than average risk.

As of this writing, the experts have yet to agree on an optimum temperature or setting for both safety and appliance performance. The CPSC notes that a 120- to 125-degree water tem-

continued

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The great taste of corn.

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Previously introduced in Western

continued

Health update

perature may be necessary to reduce or eliminate most scald injuries. Yet the Association of Home Appliance Manufacturers feels that a 140-degree setting may be needed in order to assure that water delivered to clothes washers and dishwashers will be 130 degrees for satisfactory performance. The CPSC is investigating the issue further.

Here's how to test hot water temperature at the sink or tub. Run hot water from the tap into a container that already has been rinsed with hot tap water (a cold container might give an inaccurate reading); then read the temperature with a kitchen thermometer. If you wish to lower the reading on a gas water heater, adjust the dial that usually is located with other controls at the base of the unit; for an electric water heater, get guidance from your electric utility company.

Always remember: Never leave a small child unsupervised in the bathroom, and always test the water before entering a bath or shower.

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SAFETY CAPS: WORTH THE HASSLE

Accidental ingestion of aspirin by children four and under has been cut in half since child-resistant safety caps came into general use under the Poison Prevention Packaging Act of 1970. Similar declines have been reported for other drugs.

The caps are required for nonprescription aspirin and products that contain high amounts of iron, and for nearly all prescription drugs. Nitroglycerin, used by persons with heart disease, is among the exceptions.

While opening the safety caps can be frustrating, particularly for the elderly or persons with arthritis, the National Safety Council says it's unwise to repackage drugs at home.

If there are no children living in your home, you can ask your pharmacist to substitute simple push-up or screw caps. But don't leave easily opened containers in your purse or coat pocket, or on a nightstand or low shelf where young visitors might find them. And if you must transfer a drug to a smaller container, be sure also to transfer the label information and instructions.

HELP FOR OUT-OF-TOWNERS WITH A CHILD IN THE HOSPITAL

A child with cancer or other serious illness may require weeks or even months of hospitalization, often far from home. That can severely strain a family emotionally and financially.

Now, many families can count on shelter at a Ronald McDonald House. Named for the symbol of the hamburger chain that is helping underwrite costs, the nonprofit Houses are locally owned and managed.

The Houses can accommodate from ten to 40 families at a time for a fee of $5 per family per night, which can be waived depending on the circumstances. Hospital admissions offices can provide information on availability; the length of stay is keyed to the child's hospital treatment. Houses now are operating in Philadelphia, Chicago, Denver, Atlanta, Palo Alto, Birmingham, Boston, Minneapolis, and Pittsburgh. Facilities in Richmond, Cleveland, Durham, Detroit, Dayton, New York City, and Tampa are scheduled to open by the end of the year.

—Lynne Lamberg

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Tips, Tools & Techniques

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: You can't see what's in the back half of the top shelves of your kitchen cabinets without using a step stool.

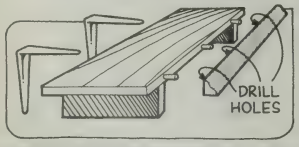
SOLUTION: Mount a row of mirror tiles above the shelves, near the front. That way, you'll always have a bird's-eye view of what's up there. (Be sure to use a special mirror adhesive.)

B.T., Victor, N.Y.

PROBLEM: Those extra table leaves you use once or twice a year are great when you need them, but they take up valuable storage space when not being used.

SOLUTION: Make the leaves work for you in the "off-season" by turning them into shelves. You can either hang each one individually by laying it on a couple of shelf brackets, as shown, or stack all of them stepladder-style on removable brackets attached to wall standards. If the pegs on the front edge of each leaf are too unsightly for you, hide them by drilling holes in a piece of decorative wood molding and slipping it onto the pegs while the leaf is serving as a shelf.

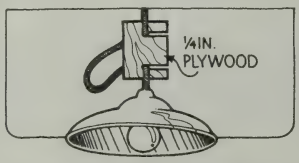
J.W., Wardell, Mo.



PROBLEM: Your overhead shop light is hung at the right height for projects that require close work, but sometimes you need to raise it temporarily to change the coverage of the light or get it out of the way of your head.

SOLUTION: Make your own "cord shortener" from a scrap piece of ¼-inch plywood, as shown.

K.B., Houston, Tex.



PROBLEM: You use a garment bag when you travel, and the half-a-dozen wire hangers you cram inside it are hard on your hands. To add insult to injury, at least one of the six always manages to fall down inside the bag.

SOLUTION: Squeeze the hangers together and slip a four-inch piece of neoprene or vinyl tubing onto the ends. (You can find this tubing at camper supply stores and hobby shops, among other outlets.) The tubing combines the hangers into one unit, gives you a padded handle, and—if you hang the bag on a car rod—keeps the bag from sliding.

J.D., South Lake Tahoe, Calif.

PROBLEM: You must scrape paint off your windows—lots of windows—and it's a finger-tiring chore, especially if you have to use a single-edge razor blade.

SOLUTION: If you don't have a holder made for these blades, clamp one of them in the jaws of locking-type pliers. The handle gives you a good grip, allowing you to spread the tension to your hand and arm instead of your fingers. And the blade angle is comfortable, too. By the way, utility-knife blades make good substitutes for the razor blade. But don't crank the pliers too tight or they can break the blade.

C.L., East Moline, Ill.

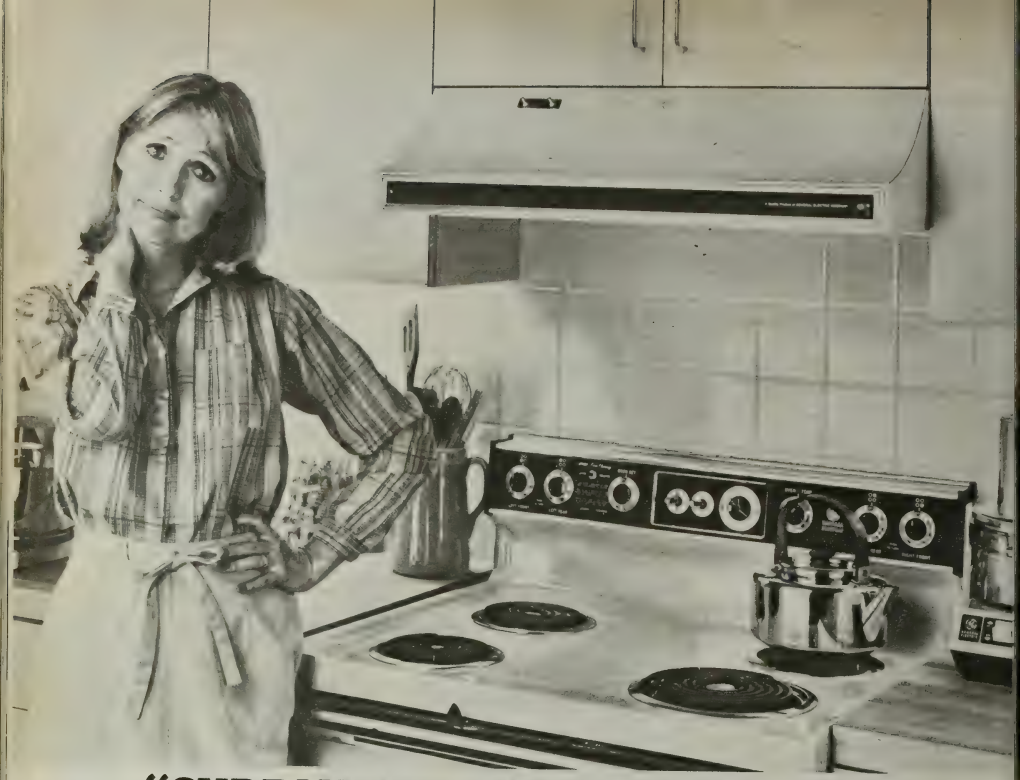
PROBLEM: You have to haul several 16-foot pieces of hardboard siding on your cartop carrier, but the pieces are unstable and droop dangerously low at the front and rear of your car.

SOLUTION: Tie an aluminum extension ladder to your carrier, then stack—and tie—the pieces of siding on top of the ladder. In effect, the ladder works much like a splint, keeping the siding rigid and preventing it from bouncing or sagging severely. Use the same technique for hauling plastic pipe, aluminum extrusions, 12- or 16-foot sheets of drywall, or any other extra long cargo.

D.S., Waukee, Iowa

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.


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space. The Spacemaker oven fits in beautifully and has its own exhaust fan and light for my range below.

"I love the way it's changed my kitchen.

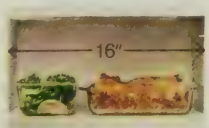
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SHOPPING

How to order material from the magazine



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Susan Echito
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The Potscrubber III dishwasher. **It's the best dishwasher we've ever made.**

GENERAL ELECTRIC

David Haupert

A BACKYARD SHED FOR FUN AND STORAGE



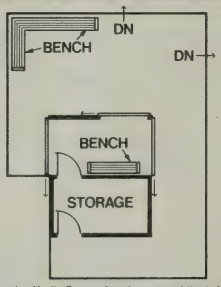
How's the storage situation around your house? If gardening or recreation equipment has all but taken over the garage—and you're still looking for more places to put things—you may want to consider a shed of some sort.

But before you rush to cobble up a drab outbuilding, consider what else might be lacking at your house. Maybe you need a comfortable spot where your family can entertain, cook out, sun, or just relax under open skies.

This versatile shed-deck combination fills both bills—and also does a lot for the looks of the yard. Elevated only a foot or so above grade, the cedar deck provides a change of level for the flat terrain, and serves as a pavilion for a shed that's much more than just a place to park the lawn mower.

Half of the 11x12-foot structure serves as a mini-porch where you can wait out a shower or just snooze. And because the all-cedar shed is open on three sides, you're never far from activities on the 20-foot-wide deck.





Photographs: Karlis Grants. Landscape architect: Julia Lundy Sturdevant. Design Sponsor: Western Wood Products Association

This porch is more than a fair-weather friend, too, because you can close it up completely by sliding three big panels together, barn-door style. Come nightfall or a heavy storm, you can drag deck furnishings inside the porch, secure the panels from inside, then exit via the back door *(see plan)*.

Compartmentalization also helps in the fall, when you're putting away summer gear. Just stack it in the porch section and save the storage room for items you *will* want from time to time, such as a snowblower or skis.

Because it needn't be physically connected to your house, the project can be sited almost anywhere. (Check zoning ordinances, however, for the minimum setback distances you must maintain from property lines.) Here the deck is situated just eight feet from a side door, off-camera left—but you could just as easily build farther away and devote the intervening space to a patio, planting area, or even a pool.

For a look at how this deck and shed went together, turn to page 76.

"THIS 1937 GE REFRIGERATOR'S THE ONLY ONE MOM'S EVER OWNED. TO ME, THAT'S MONEY WELL SPENT."

– Elouise Prater



Jane Prater, Tyler, Texas

This General Electric 'Monitor Top' looks kind of funny today. But back when I bought it in 1937, it was real elegant.

And you know, it was one of the best buys anyone could make.

It's the only electric refrigerator I've ever owned, and it's sitting in my kitchen this very day, working away like it's always done. Still keeps the milk nice and cold, and the lettuce crisp.

It never needed any service, either, aside from replacing the gasket on the door.

My family teases me about it, but I simply can't replace this faithful friend.

The salesman who sold it to me still lives here in Tyler. I saw him the other day and I shook his hand. "Mr. Atwood," I said, "it's still working."

Elouise Prater, Temple, Texas

My mother-in-law's old 'Monitor' really influenced our choice. And I grew up with my own mother's GE refrigerator. She had it 30 years.

We've had so many GE appliances that have lasted and given great service, well, to me, the name General Electric means dependability.

So even though I looked at some others, I knew this beautiful GE side-by-side was the only refrigerator I wanted. I like getting ice cubes and crushed ice and chilled water without opening the door.

Inside, there's lots of room. And adjustable glass shelves that are easy to clean. Automatic defrosting, of course. Even a separate temperature control for my meat bin.

I expect it will last and last, like that 'Monitor' of Jane's. I can't imagine a better value.

IT ALL ADDS UP TO A GOOD INVESTMENT

GENERAL ELECTRIC

continued

Backyard shed

Whether or not you should attempt to build this entire project yourself depends largely upon how adept you are with hand and power tools.

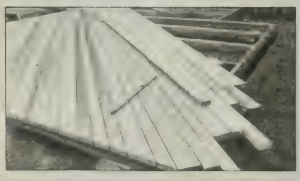
Almost anyone can quickly master the basics of constructing a deck, especially an on-grade version like the one we show. But erecting the shed calls for some framing know-how, particularly when it's time to cut and fit the gable rafters and ridgeboard.

If you decide to tackle the deck, the main thing to remember is that its substructure must be perfectly level. Since this yard has almost no slope, we simply dug postholes, poured a series of ready-mix concrete footings, then anchored 4x6 joists—spaced three feet on center—to the footings *(photo below)*.



If you have a grade to contend with, lift the lower end by setting 4x4 posts in concrete and then spanning them with a beam to support the joists. Just be sure to use pressure-treated lumber for the posts, joists, and any other elements that will be within six inches of the ground.

For the decking we chose two-inch random-width cedar. Laying decking diagonally might seem tricky, but it's not. You simply nail it down as shown below, then run a power saw along the edge. This method uses slightly more material—compared to decking at right angles to the joists—but triangulation makes the platform stronger.



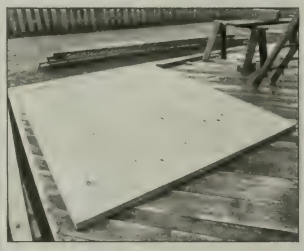


The shed employs a combination of 2x4 stud framing and post-and-beam construction. Use the 2x4s, spaced 16 inches on center, to frame out the storage area; for the porch, top 4x4 posts with 4x6 beams—or double up 2x6s for each beam. We sheathed the wall sections with exterior-grade plywood, then applied one-inch tongue-and-groove cedar siding. Again, just nail up the lumber and trim off the edges later with a circular saw.

Figuring rafter cuts can be tricky, as mentioned earlier. Take your time, or let a pro lay out the rafters for you. Accuracy is important here—not only for structural rigidity, but so you can smoothly fit the clerestory windows that go in the gable ends.

After the rafters are up, sheath the roof with more plywood, then cover it with roofing paper and shingles. (We used hand-split cedar shakes.)

To make the sliding panels, first cut plywood sheathing for one side, nail a framework of 1x6s to it, then top them off with a second layer of plywood. For rigidity, cross-brace the frame with X-



members running diagonally from one corner to the other. Again, nailing on the siding at a 45-degree angle adds structural strength.



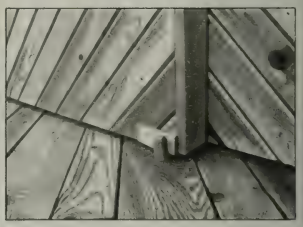
The panels hang from heavy-duty barn-door hardware, which you can buy in kit form. Each kit includes a section of box-shaped track, sized to span twice the panel's width—plus a pair of roller-bearing hangers. Be sure the track is level when you install it. To protect the gable-end track from the elements, we sheltered it with a wooden "eyebrow," which you can see in the photograph on page 74.

Inside, special sliding-bolt hasps—another barn-door item—secure the panels. Each bolt meshes with a hole



drilled into the rear edge of the panel's inner face.

Custom-made guides keep the panels from flapping in the breeze. To



make the guides, just run lag screws through short sections of pipe into the decking, leaving the screws loose enough for the pipe to turn. Notice how wedges here hold the doors snug when they're fully closed.

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Just add shelves

If lack of storage has your house in a clutter, put do-nothing walls to work by adding shelves. Here are three examples.

▶ When this family moved to their new home, the small spare room did not even boast a closet. To add stashing space, one end wall was converted to an open and closed storage unit. One half of the built-in unit features shallow shelves for books, hobby materials, and decorative accessories. Deeper shelves on the other side hold bulky blankets and seasonal clothing, cleverly concealed behind recycled draperies. Guests hang clothing on wooden pegs attached above the shelves.



Photograph: Maris/Semel. Design: Marta MacDonald



Photograph: Harry Hartman
Design: Carol and Hasse Antonsson

▲ In this pocket-size family room, simple add-on shelves make excellent use of narrow between-window space. To make changing the shelves easy, they're suspended on adjustable standards. The attached "bookends" on each shelf keep the volumes in place.



Photograph: Maris/Semel. Design: Meredyth Moses
Source: Estelle Bond Guralnick

▲ In this long and narrow upstairs hallway, a built-in closet/shelf unit gets good storage mileage from often wasted space. Books are shelved in two of the open sections; pottery and collectibles are displayed in the third shelving unit. Sliding doors neatly conceal a closet. Above, there's space available for infrequently used items like luggage and spare blankets.



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An easy way to light an entry

You can add new lighting interest to your entry hall by building this attractive redwood light grid—and you won't have to hassle with extra wiring. The existing wiring from the ceiling fixture will suffice. Just change the dimensions of the unit to fit your entryway.



Photograph: Bill Hopkins. Architect: E. Eugene Young, A.I.A. Source: Jean Kygar Eblen

For the grid shown, you will need 32 redwood 1x2s (actually ¾ x 1½ inches) cut into eight-foot lengths, and eight pieces of ½-inch doweling four feet long. Drill dowel holes through the ¾-inch thickness of each redwood board at 12-inch intervals on center. Insert the dowels, leaving a ¾-inch space between the boards. Keep the 1x2s in place by nailing brads into the tops of the boards down through the dowels. After assembling the grid, mark and cut out spaces for the light fixtures. The lights shown come in two parts. Hold the outside housing in place with screws that run from the inside of the housing into the redwood. Slip a diffuser inside the housing to cut down glare and hide the screws.

To hang the grid, install screw hooks near each corner of the unit. Suspend the grid just above door height from lengths of chain attached to screw hooks in the ceiling. Paint the chains black to make them less conspicuous.

Connect new wiring at the overhead junction box as prescribed by local codes.

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Patricia Brannen
Aurora, IL



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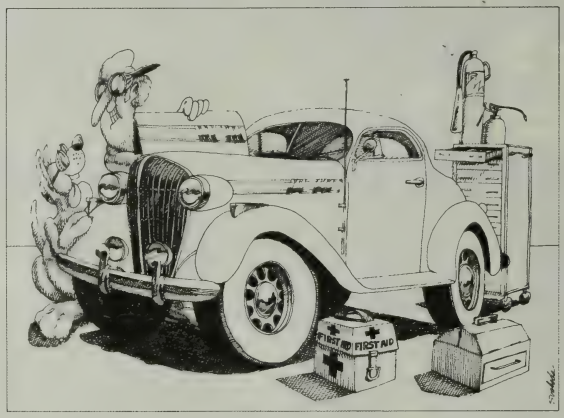


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Kim Garretson

Safety tactics for driveway mechanics



Whenever you work on your car, you're pitting yourself against a multi-thousand-pound hulk of whirring or scorching parts and toxic or explosive chemicals. That mismatch can make auto repair the most hazardous of household chores. Jacking up your car and crawling under it, and looking and reaching into the engine compartment, require patience and caution. Here are tips to help you avoid accidents plus first aid instruction in case an injury does occur.

The work area

Cleanliness and order are the first priorities for the car maintenance area. Allowing grease and oil to build up on tools and work surfaces can cause hands or feet to slip. Broken tools can pierce flesh with their sharp points; tools left in the engine compartment can ricochet from the fan blade when the engine is started. Use floor cleaning solutions available at hardware or auto supply stores to keep the floor clear of grease and oil; clean your tools with automotive degreasers. Store tools and all toxic chemicals out of the reach of children and out of your way until needed.

Ventilation is important if you use spray solutions and other chemicals with harmful fumes. Also, never run the engine for even a few seconds in a closed garage. Carbon monoxide from an engine's exhaust can sometimes kill within three minutes in a closed area.

Fire prevention begins with a fire extinguisher; always keep one handy in the garage. A multipurpose Type A-B-C extinguisher is recommended for most garages. Also keep all combustibles and oily rags in closed storage containers. Allow no smoking or open flames in the garage.

The safe placement of the car is essential. Make sure it's on a level surface, with plenty of room around all sides, especially the engine compartment; there should be no protrusions you could possibly hit if you have to jump back. Engage the car's parking brake, and keep an automatic transmission in park and a manual in first gear.

Safe jacking

Improper jacking probably is the leading cause of serious injury among home mechanics. Never use the car's standard tire-changing jack to raise the car for work underneath. Always raise a car on portable wheel ramps or use a hydraulic floor jack to lift the car for placing axle stands.

When using wheel ramps, always use at least two on the front or rear, never just one. Block the ramps against the base of the garage wall with a two-by-four to prevent them from slipping as you drive the car up the ramps. To keep the wheels from dropping off the end of the ramps, have a helper signal when to stop. Before beginning work on the car, place chocks behind the wheels remaining on the ground.

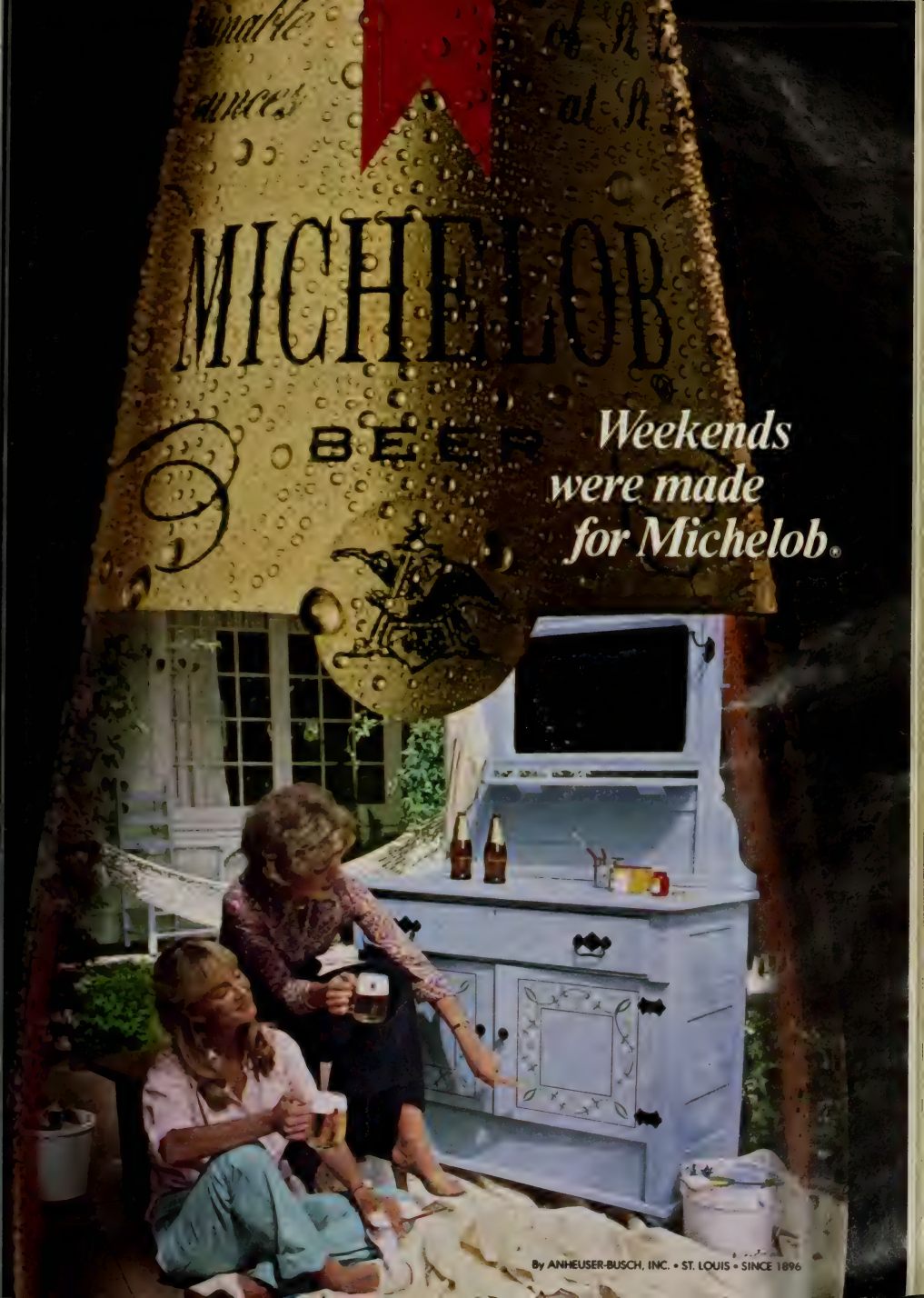
If using a hydraulic jack, raise one corner slightly above the axle stand height, then use a long-handled tool to shove the stand under the axle housing before lowering the jack. Repeat the procedure on the opposite corner. Never use two jacks to raise both corners simultaneously. If you don't own axle stands, use large blocks of wood instead of bricks or cement blocks that can crumble on sudden impact. Test your supported car after jacking by pushing with moderate pressure on one side; if the car sways precariously, the jacking is inadequate.

When you are using the standard jack to change a tire, never stand directly behind the jack; if it slipped, it would fly in your direction.

General engine service

To work on an engine, you must be cautious about where you reach and look and even what you wear. Hot parts, moving belts and blades, and hot or toxic chemicals can burn, cut, or

continued


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continued

Safety tactics

catch a limb or pull it into the engine. Whenever possible, wear work gloves for engine work. Always wear a tight-cuffed shirt and remove your watch and rings. If you have long hair, tie it behind your head or wear a cap, and wear safety glasses or goggles.

Stand to the side of moving belts or wheels, in case one should break and hurl debris. And don't try to oil or adjust any moving parts unless you've learned how by checking your owner's manual.

If you're under the car, keep your face well out of the way of plugs or pans that will release oil and transmission fluid once they are loosened. Never touch any parts of the exhaust system, especially the catalytic converter, for at least 20 minutes after shutting off the engine. And don't let your clothing or skin brush these parts when you're moving under the car.

The electrical system

Your car's battery is a potential bomb because it releases hydrogen gas. Even a spark can ignite it, resulting in a shattered battery and possible injury to nearby persons. Cigarettes, open flame, and spark-producing power tools all are dangerous around a battery. In addition, metal tools laid on top of a battery can sometimes come in contact with both battery posts and shower the battery with sparks. Rings, watches, and other metal jewelry also can trigger sparks.

Disconnecting the battery cables before working on the electrical system eliminates the spark danger. Before removing the cables, put on goggles and gloves to protect your eyes and hands from the sulfuric acid. Remove the ground cable first.

To clean a battery, spread a baking soda and water solution over the battery. This will neutralize any acid present. Do not use compressed air to blow off dirt from atop the battery; the air can lift cell covers and splash acid back at you.

To safely jump-start a car with booster cables, place the two cars so the bumpers are close but not touching, connect the positive terminal of the good battery to the positive terminal of the rundown battery, and connect the negative terminal of the good battery to a metal part of the engine block of the stalled car. After the car starts, remove the grounded cable end from the engine block first, then the end from the good battery. Next remove the positive cable end from the good battery and then from the rundown battery.

Before touching the distributor or cables attached to it, make sure the ignition switch is turned off. If the ignition switch is left on, you'll get a shock—not a dangerous one, but you could strike a sharp object when you jerk your hand away. If you must handle spark plug cables on a running engine, wear rubber gloves or use pliers with insulated handles.

The fuel system

Trying to repair the fuel tank or filler neck is courting disaster because a hammer blow can cause the gasoline vapor in an empty fuel tank to explode. Even a tank that has been rinsed with hot water and detergent for five minutes usually will still contain vapor.

The carburetor is another potential fire hazard. After you've primed the carburetor with fuel and left the air cleaner off, a backfire can burn you and start a fire. Always replace the air cleaner before starting the car. And don't try to remove the carburetor from a hot engine; dripping gasoline could ignite on hot engine parts. (Keep an old blanket or tarpaulin handy to smother a carburetor fire.)

The cooling system

A radiator that hasn't been allowed to cool can spew steam and hot coolant out of its cap, burning flesh on contact. Burst water hoses also can burn you. Here's the safe way to remove the cap. First allow a hot radiator to cool at least 30 minutes. Next cover the cap with a thick folded cloth, turn the cap slowly counterclockwise until it stops, and wait for the pressure to be released. Then press down on the cap and remove it the rest of the way. If you must siphon out or drain a radiator, don't use your mouth to start the siphon action or put your face under the stopcock while trying to open it. The

continued



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1 tablespoon margarine or butter
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2 tablespoons sesame seed
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1½ teaspoons paprika
1 teaspoon salt
¼ teaspoon pepper
2½- to 3½-pound broiler-fryer chicken, cut up

Heat oven to 425°. Heat margarine in oblong pan, 13x9x2 inches, in oven until melted. Mix baking mix and seasonings; coat chicken. Place chicken, skin sides down, in pan. Bake uncovered 35 minutes. Turn; bake until done, about 15 minutes longer. 6 servings.

High Altitude Directions (3500 to 6500 feet): Bake uncovered 40 minutes. Turn; bake until done, about 20 minutes longer.

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continued

Safety tactics

coolant in the solution is poisonous.

Other repairs and maintenance

The air conditioning system. Freon, the coolant in your car's air conditioning system is a super-cold pressurized gas. If skin or eyes are exposed to Freon for only a few seconds, frostbite or blindness can result. That's why you should leave all servicing of the system to professional service persons. Even when you're checking the Freon level of the system through the sight glass, don't touch oily residue on any of the lines. It could be Freon.

Brakes. Asbestos dust in the residue of a worn brake assembly can cause lung damage. Use a vacuum cleaner, brush, or rag to remove this residue before starting work on the brakes.

Body repairs. The dust from body filler that's being sanded can irritate the skin. If possible, use a belt sander with a vacuum attachment. And always wear a disposable breathing mask when grinding body filler or spray-painting a car. Proper ventilation, again, is essential.

Wheels and tires. During tire inflation, the bead on the tire (the surface that connects the tire with the wheel) can collapse and cause a dangerous explosion. Don't stand over a tire that's off the car and is being inflated, and don't inadvertently overinflate a mounted tire. Also, never try to spin-balance a tire on a drive wheel when the other drive wheel is on the car; the car may move unexpectedly.

Emergency treatments

Keep a first aid kit and a complete first aid manual, along with emergency phone numbers, in the shop area. You may also wish to clip this article for quick reference.

Bleeding. Follow these treatments in succession until the bleeding stops. (1) Until a snug bandage can be applied, apply direct pressure on the wound, preferably with a sterile dressing under your fingertips. This should stop the bleeding in most cases.

continued

continued

Safety tactics

(2) Elevate the injured extremity to reduce blood flow. (3) Apply cold (wrapped ice) for the first 30 minutes to reduce bleeding and help prevent discoloration. (4) Push your fingertips against a pressure point to control arterial bleeding when the wound cannot be reached directly. For example, if a bleeding foot is jammed beneath a fallen jack, pressing the arteries against the bones in the groin area will slow or halt the bleeding. Consult a first aid manual for locations of pressure points where arteries can be compressed against body surfaces. (5) A tourniquet should be used *only* when all other bleeding control methods fail. Place the tourniquet between the wound and the heart and as close as possible to the wound.

Shock and fainting: Place the victim in a horizontal position with the feet elevated ten to 12 inches. Cover the victim with blankets. Do not apply hot water bags without wrapping them in towels. (Deficient circulation in the skin makes the victim susceptible to burns.) Offer a conscious victim of shock sips of liquid until medical help arrives. Do not give liquids to an unconscious person.

Poisons: A victim of poisoning needs immediate medical attention; call a physician, poison control center, or hospital for instructions. If the victim is moved to the doctor's office or hospital, be sure to take the poison container. If the container or a medical expert recommends that vomiting be induced, administer syrup of Ipecac (which you should keep on hand).

The sulfuric acid in automobile batteries is a corrosive poison that burns or eats into the tissues of the lips, mouth, throat, and stomach. Do *not* induce vomiting if sulfuric acid has been ingested or inhaled. The victim will need special medical attention.

Carbon monoxide is the most common of the inhaled poisons, and it affects victims without warning. Signs of poisoning, in addition to unconsciousness, are nausea, headache, and occasionally, dizziness. Move the victim outdoors immediately and administer artificial respiration if needed; again seek medical attention.

Flush contact poisons, or chemicals on the skin's surface, with water. Remove clothes covering the affected area to be sure the water washes the skin.

Wounds: Cover an abrasion, incision, laceration, or puncture with a sterile dressing; follow the instructions given for bleeding if necessary. Minor wounds should be washed with soap and water before they are dressed; serious wounds should be left to medical experts for cleaning. If a penetrating object is in a wound, do *not* remove the object. Instead, immobilize and support the object and get help at once. Puncture wounds may appear small but often are deep and dangerous. Provide the doctor with tetanus immunization informaton.

Severed body parts: Control the bleeding and protect the wound with a pressure dressing. Treat the victim for shock. Transport the victim to a medical facility and take along the severed part (in a dry/sterile plastic bag,

continued



continued

Safety tactics

which should be sealed and kept cool, but not frozen).

All wound dressings must be snug enough to stay in place yet not tight enough to interfere with circulation.

Fractures: The symptoms of a broken bone include pain, loss of motion, deformity, swelling, darkening of the skin and a grating sensation.

Particular care should be taken to avoid causing further damage to the injured limb. (1) Do *not* move the person without immobilizing the fracture unless there is severe danger, i.e., a fire or an explosion. (2) If there is a wound, control bleeding and apply a sterile dressing. (3) Position a splint made out of something rigid to immobilize the joints above and below the fracture. (4) Treat for shock and carefully transport the victim to a medical facility.

Dislocations: The term means that the bones of a joint are forcibly torn out of the joint capsule. Do *not* try to force a dislocation back into place. Support the extremity to keep it from moving and get the injured person to a medical facility.

Eye injuries require the immediate help of a doctor. Never press on or in any way manipulate an eye that has been penetrated by something. Do *not* remove a penetrating object. Cover both eyes to keep the injured one closed. Have the person lie down while you seek help. (Transport the victim only in an emergency.)

Acid or alkali burns of the eye (from battery explosions, for example) are a very serious threat to sight. Flush the eye *immediately* with clean water and continue to do so for at least 15 minutes. Hold the eye open and be sure to flush inside the lids. Transport the victim to a medical facility and continue to flush the eye with water en route.

If dirt, metal, or sawdust can't be flushed quickly from the eyes, see a physician promptly; foreign bodies can become embedded in the cornea.

Burns may be caused by heat, chemicals, or electricity. First-degree burns cause mere reddening of the skin and may respond well to cold water, and possibly some ointment and a sterile wrap. Second-degree burns involving blistering require ice, a sterile dressing, and possibly the attention of a physician, depending on the location and extent of the burn. Third-degree burns include charring of the skin, loss of sensation, and loss of skin. These burns always require the attention of a physician regardless of the location. Skin grafts and subsequent operative procedures may be necessary, and infection is always a serious possibility.

Cold injuries: Contact with the Freon in the air conditioning system of an automobile can cause tissue and circulatory damage. Soak the involved skin area in water of 104 to 108 degrees F. Do *not* rub or massage the part because that will further destroy skin tissue. Seek medical advice.

Electrical emergencies: Remove the victim from the source of electricity *carefully* by using a nonconductor such as a dry rope or an unpainted piece of wood. Follow the treatments above for shock and burns. Get medical attention.

—Constance Block

"A big black bird screamed Roto-Rooter"

and away go troubles down the drain.®

The "Raving"... read and take heed.

Once upon a midnight dreary, while I pondered weak and weary,
Over many a quaint and curious volume of forgotten lore.

While I nodded in the hushing, suddenly there came a rushing, as of someone slowly flushing water 'cross my chamber floor. Only this and nothing more.

Eagerly I wished the morrow, vainly I sought to borrow plungers to relieve my sorrow, mops to dry the soggy floor.
I slowed it down and nothing more.

Ankle deep in water standing, long I stood there wheezing, panting, weeping, cursing curses no mortal ever cursed before. As the mess was slow subsiding, my thoughts were strong to go a-riding to dry my troubled clothes, perhaps to find a liquor store.

I jumped astride my motor scooter, a big black bird screamed "Roto-Rooter"!
"And away go troubles down the drain"—
Roto-Rooter. Quoth the raven: "Evermore."

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Look for "Roto Rooter" in the white pages.

Announcing

The Garden Birds

THIMBLE COLLECTION

by Peter Barrett

For just $9.75 each—a complete collection of 25 exquisite collector's thimbles in fine bone china, hand-decorated in 24kt gold, and portraying the world's best-loved garden birds.

A limited edition.
Advance subscription deadline:
October 31, 1979.

THE BIRDS that visit us in our gardens are among the most delightful of all the creatures of nature. Soaring gracefully among the trees and flowers, they provide untold pleasure and inspiration with the richness of their color and the melody of their song.

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Since it will take time to craft these bone china thimbles, it is important that the advance subscription application below be mailed no later than October 31, 1979.



This elegant wall frame will be provided to every subscriber.

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152



ARE SERVICE CONTRACTS WORTH THE COST?

When one of your major appliances breaks down, the cost of repairs can be shattering. A typical repairman charges from $15 to $30 or more for a house call—and that's before the work even starts. Parts, extra labor, and other items can jack up your final bill considerably. Even in the shop, appliance repairs may cost from $75 to $200 or more these days.

To help defray such costs, many manufacturers, dealers, and service companies sell service contracts that pick up after the original warranty runs out. (Warranties generally apply to the first 12 months for major appliances like dishwashers, air conditioners, refrigerators, and the first 90 days for color TVs.) Such contracts are a kind of insurance policy against excessive service costs—but the contracts themselves can be expensive.

Your dilemma: Should you take your chances on potential repair bills? Or, is a service contract the safer route?

Figuring "life expectancy"

Worry about frequent and expensive repair bills is not justified, according to research done at the Massachusetts Institute of Technology. Color TV sets, for instance, averaged one service call during the first year, and black and white sets usually needed none. Most refrigerators also required no repairs. And the appliances continued to be comparatively trouble-free for the next two or three years.

Appliances also manage to keep running for a surprisingly long time. According to a U.S. Department of Agriculture report, here's the average length of time people keep an appliance before replacing it:

Sewing machine	**24 years**
Vacuum cleaner (upright)	**18 years**
Vacuum cleaner (tank)	**15 years**
Range (gas or electric)	**16 years**
Refrigerator	**16 years**
Freezer	**15 years**
Clothes dryer	**14 years**
Toaster (automatic)	**15 years**
Washing machine (automatic)	**11 years**
Television set (color)	**11 years**

Remember, though, when you're looking at those figures that replacement may have occurred for reasons other than the fact that the product ceased to function well. Often new appliances were bought because the owners moved or relocated or wanted more up-to-date machinery.

Weighing the costs

There's no assurance, of course, that your appliance will do as well as the MIT study suggests. Yours could be the one that breaks down the day after your warranty runs out.

If that possibility worries you, you might want to consider buying a service contract to protect yourself against a lemon. Allowing for variations from area to area, here are some typical service contract prices for the first year out of warranty:

Microwave oven	**$20-$24**
Central air conditioning and heating unit	**$90-$115**
Automatic washer	**$25-$35**
Color TV	**$60-$140**
Electric kitchen range	**$25-$35**
Refrigerator-freezer	**$25-$35**
Clothes dryer	**$20-$25**
Dishwasher	**$30-$35**

Generally you don't have to buy the contract when the appliance is new, so it might be better to wait until after the critical first year if the warranty is any good. However, once the warranty has expired, many companies require a service call to check out the appliance *before* they'll grant a new service contract. In most cases you'll be out the cost of that call.

Service contract rates generally go up as the appliance gets older. For example, a contract for a year-old washing machine may cost $25 a year; you might pay twice that when the machine is five or six years old. Sometimes you can save if you buy a two- or three-year contract (or longer) at once. Also you may save if you own more than one appliance from the same manufacturer; some let you combine service contracts for a savings of 15 percent or so. Compare costs both ways before you decide.

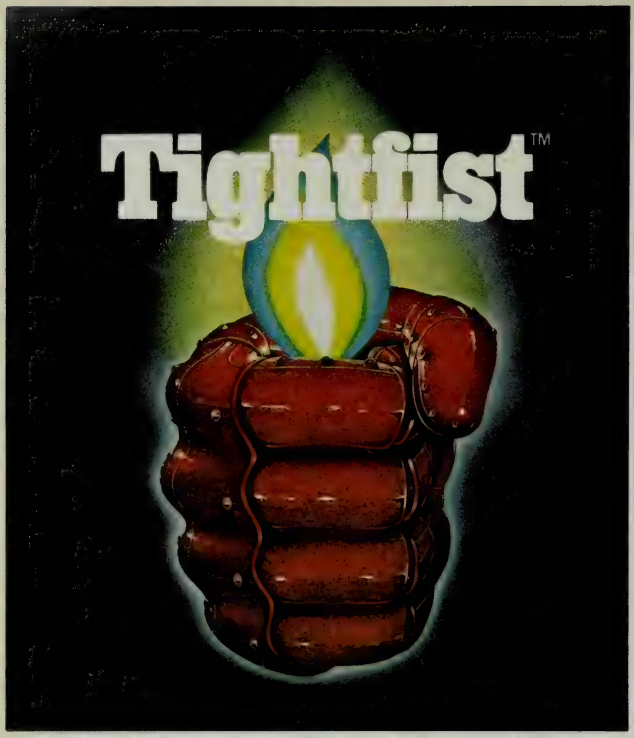
What is covered?

Service contracts vary. Some are unlimited, covering all charges for parts and labor. Others specify what parts

continued

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The Tightfist™ furnace has an induced draft system that is designed to squeeze more heat out of the same amount of fuel than any standard Whirlpool furnace.* It's engineered to stabilize the combustion process by reducing updrafts and downdrafts.

Thrifty direct spark ignition means there's no need for a costly, constantly burning pilot light. The Tightfist gas furnace is safe, simple, and economical.

Up to 30% more efficient, winter after winter.*

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In an energy pinch, you can have a Tightfist furnace.

Best of all, the Tightfist gas furnace is quality built to give you years and years of heating comfort and dependable service. For a new home or improving an older one, grab hold of a Tightfist furnace. The sooner, the better.



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*Tests based on Department of Energy procedures show the Whirlpool Tightfist gas furnace to be 30% more efficient than Whirlpool model WUK2C105 upflow 105,000 BTUH gas furnace which does not contain an automatic flue damper or direct spark ignition

continued

Service contracts

and cover only one service call. After that, you pay a reduced rate for further calls—say, $10 instead of the regular non-contract holder's rate of $26.

Before signing a contract, read its provisions carefully, and know exactly what protection it offers.

Aside from considering costs and parts and labor details, keep these tips in mind when you're shopping for service contracts:

1. Is there a guarantee of speedy repair service?

2. Are there extra charges for weekend or holiday services? What about after business hours?

3. Is the contract transferable to another appliance if you get rid of the present one?

4. Can you ever cancel the contract before it runs out and have your money refunded?

5. How many free calls do you get under the contract? If the work is not satisfactory on a free call, are you obligated to pay for the return trip?

What's the gamble?

Sellers of service contracts want to operate their business at a profit, of course—just as insurance companies do. To accomplish that, the sellers must charge more for the contracts than for the average amount of service they'd probably have to provide during the same period.

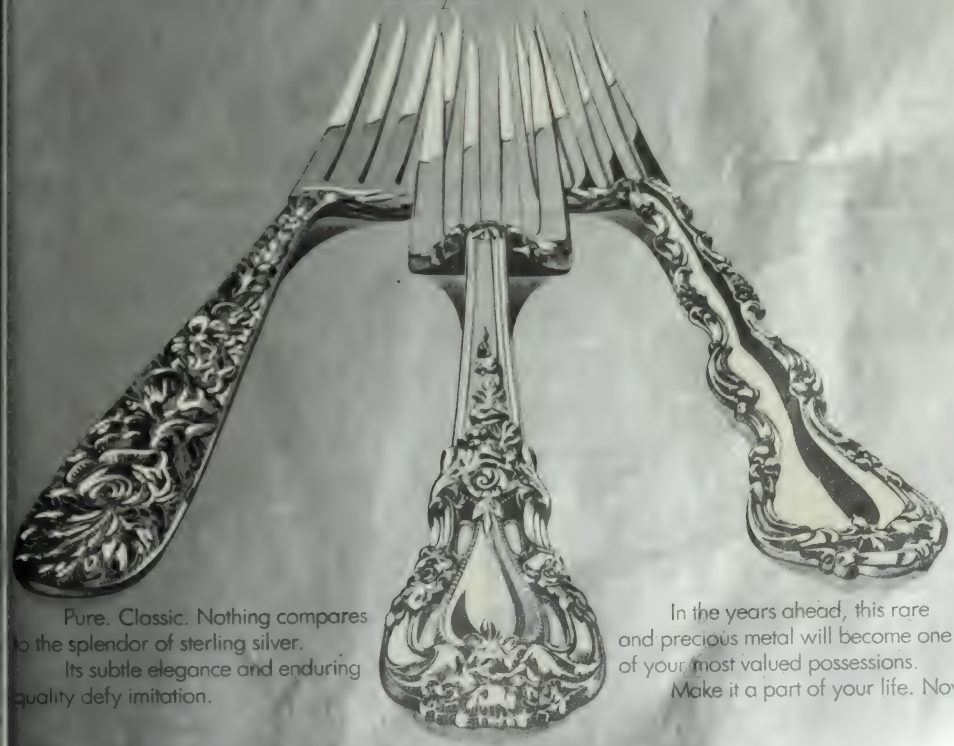
But how can you tell whether your appliance is likely to need more repairs than average?

- Do you expect to put your appliance to hard use (for example, a washing machine for a large family)?
- Has your appliance given you trouble during the warranty period?
- Would a large repair bill put a strain on your budget?

If you answered "yes" to all the above questions, you may be better off with a service contract. The resultant peace of mind is as important a plus as the savings. And since you can anticipate the exact cost of the contract in your yearlong budget, you won't have to worry about other costs—unless, of course, the contract doesn't cover everything.

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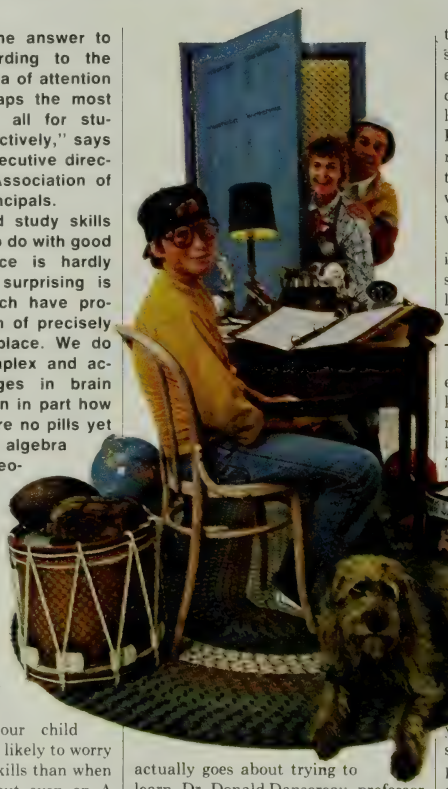
Margaret Daly

DOES YOUR CHILD KNOW HOW TO STUDY?

A lot hinges on the answer to that question, according to the educators. "In this era of attention to basic skills, perhaps the most fundamental skill of all for students is to study effectively," says Owen B. Kiernan, executive director of the National Association of Secondary School Principals.

The fact that good study skills generally have a lot to do with good academic performance is hardly surprising. What is surprising is that years of research have produced no explanation of precisely how learning takes place. We do know that it's a complex and active process. Changes in brain chemistry may explain in part how we learn, but there are no pills yet to produce better algebra students. For most people, learning takes real work, whether they're learning to play tennis or solve a mathematical equation.

How effective are your child's studying skills? What can you do to help the youngster improve?



Obviously, when your child brings home D's, you're likely to worry more about his study skills than when he brings home A's—but even an A student might benefit from improved study skills.

When your child is not doing well in school, you might first rule out other sources of trouble. It's a good idea to talk to the teacher, review achievement and reading test scores, and check for physical problems. (See "Does your child have a learning disability?" *Better Homes and Gardens*, May, 1978.) If it appears that the child should be doing better, then his or her study habits might be questioned.

Begin by observing the child's studying for a week—not just where and how often he studies, but how he actually goes about trying to learn. Dr. Donald Dansereau, professor of psychology at Texas Christian University, suggests that parents try what counselors at TCU do: Ask your child to sit down with a book and study for 20 or 30 minutes. Watch him, and try to get him to tell you what he's doing. This procedure assumes a cooperative child. But real progress in study skills won't be possible unless your child first agrees that schoolwork is important, that he needs help, and that he is in control of the outcome.

As you observe your child, keep in mind that different youngsters have different learning styles. For example, recent research seems to support the theory that each of the two brain hemispheres processes information differently. When the left hemisphere is dominant, according to this theory, learning is methodological and verbal. Right hemisphere dominance produces more imaginative, creative thinkers; in that case, nontraditional approaches, which emphasize imagery rather than words, may be effective.

Look for such distinctions of learning styles as you observe your child studying. Also watch for typical problem areas such as these:

Motivation

It would be preferable for students to enforce their own study hours out of love of learning, but it usually does not work that way. You might try an incentive system as a motivator. After 30 minutes of solid studying, backed up with an oral review or written notes, the youngster gets a ten-minute break to call a friend or shoot baskets. Let your child suggest his own reward.

Noise level

You may not buy your child's argument that he studies better with rock music on the stereo, and you may be right. But some recent research indicates that while many people learn best in quiet surroundings, other students benefit from a certain amount of background noise that raises their "arousal level," serving as a kind of mind activator. Soft music may also help mute more distracting conversational noises. The next time the argument comes up, you might get your child to agree to study without TV or stereo for a week. Then, you can both see for yourselves whether the absence of noise helps or hinders the youngster's studying.

Lack of purpose

Too often, the typical student begins

continued

Photograph Kuhn/Garmond

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continued

Study

studying by opening his book and starting to read. Authorities agree that a purposeful approach is much more successful. The key is for the student to establish early what he's going to be learning. The textbook provides a lot of clues as to what's ahead, if it's used properly. A good way for your child to begin a reading assignment is to survey section titles, subheads, maps, charts, and summary paragraphs. You might even assist in the survey, suggests Thomas H. Anderson, associate professor of educational psychology at the University of Illinois Center for the Study of Reading.

He recommends sitting down with your child and thumbing through the assignment together. As you do, raise questions and offer comments that might make the work more interesting and meaningful. If the topic is the American Revolution, for example, you could recall a visit to a battlefield, weaponry you both saw in a museum, or a newspaper article on the politics of dissent. If nothing else comes to mind, you might start a lively session by asking, "Do you suppose that they still teach this the way they did when I was in school?"

Poor note-taking skills

Taking notes while reading—or listening—serves several purposes. The activity helps minimize mind-wandering and reinforce memory. And good notes are a good study guide later.

Contrary to what you might think, experts say the good note-taker is not the student who simply parrots what is heard or read. Good note taking calls for interpretation rather than mimicry. Here are some successful interpretive techniques:

- *Mapping.* Instead of using numbers and letters to organize notes in a linear manner, the student makes a diagram of what is heard or read. Points are circled, with lines and arrows connecting them to show relationships. The result resembles a map. The technique is very useful for creative thinkers who are weak on organization.
- *Imagery.* Students with vivid imaginations are encouraged to form mental pictures of important ideas in the lecture or text. While reading history, the child might try to imagine each historical figure as a full personality. Mental pictures of gravitational forces or atoms may help the child understand complex scientific theories. Some youngsters might take better "picture notes" than verbal ones.
- *Summaries.* Students are asked to forgo taking notes until a major idea or section is covered, then to summarize in their own words what has been heard or read.

Lack of comprehension

Very often, the child who says he hasn't understood anything he's read has been so eager to "finish" the assignment that he's failed to pause to reflect and analyze the information and to relate it to what he already knows. The combination of questions and recitation is an effective technique for promoting comprehension.

You might suggest that your child formulate three or four questions during the survey period and look for answers as he reads. During the reading process, more questions should arise. Questions can be the foundation for an oral review when the reading is finished. And they can be saved for preexam reviewing.

Questioning encourages recitation—a technique which, although tremendously effective, often is ignored. Recitation requires the student to understand the subject well enough to play it back—just as he'll do on a test. Some authorities recommend that 40 percent or more of study time be devoted to questioning and reciting.

Here's where a helpful parent comes in again. You might ask your child to read a few pages in a text, close the book, and then summarize aloud what he's read. Or the child might answer for you the questions the two of you wrote out in the pre-reading survey.

Failure to remember

If your child can't remember anything he's read a day or two later, the reason is likely to be inadequate review. Most students stop studying when they've read the last word in the assignment, and as a result, often re-

continued on page 107

Nice going, United.



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Annie Franklin is just a small girl. But she's in the fifth generation to have grown up with electricity as part of their imagination.

We don't know what the future will really be like, no matter how hard we think or plan or wish. But we can keep the options open for our kids and their ideas. That's where electricity comes in.

Electricity is flexible.

What will make electricity more important in the future is its flexibility, both in the ways it can be manufactured and in the things it can run.

It can be made in many ways, because electricity isn't a fuel. It's a form of energy you can make using many kinds of fuel, such as oil, coal or uranium. It can also be made by converting other forms of energy, such as sunlight or the power of falling water, into electricity.

Once electricity is manufactured, it's flexible enough to run things from huge industrial machinery to tiny radios cleanly and efficiently.

By using electricity we are not limited to one fuel or one way to generate power. An electric car, for instance, will run just as well whether the electricity is made with oil, coal, the earth's heat, the sun, uranium, a waterfall or the wind. Using electricity is the most flexible way to match our need for energy with our available resources.

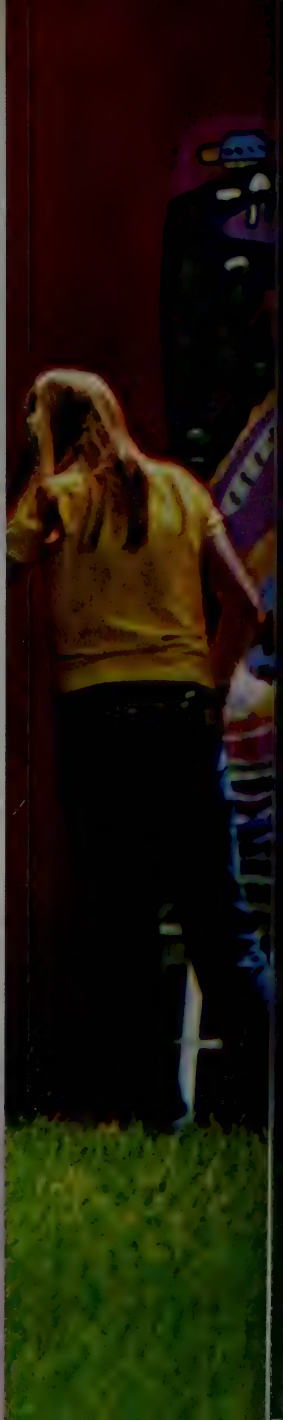
The need for electricity keeps growing.

It's the job of the electric companies to find, develop and use the most practical, least expensive sources of energy to generate electricity. The fuel that's most economical today may not be tomorrow, so the electric companies are working on new sources while they steadily produce with the old.

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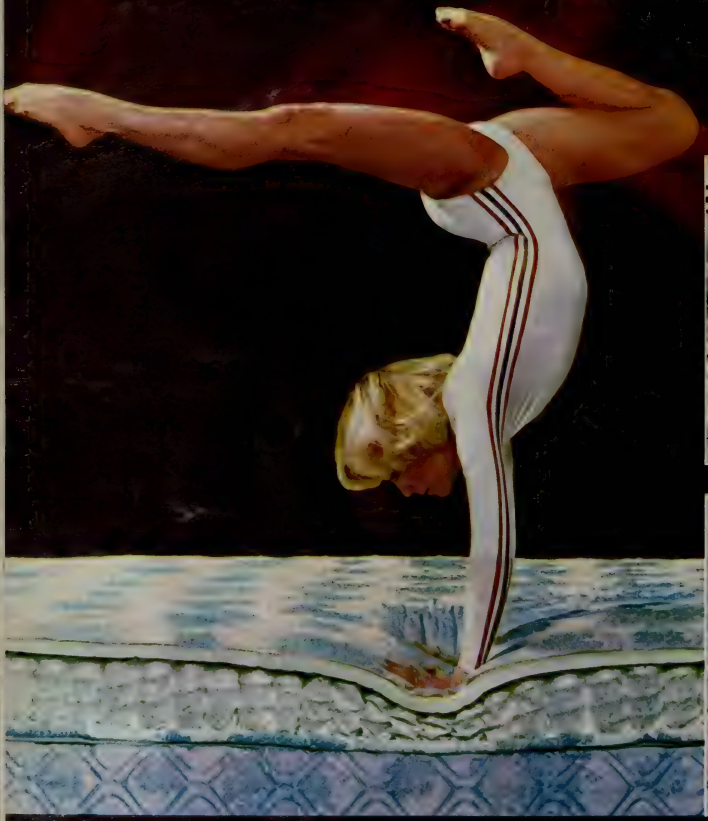
Electricity is America's manufactured resource.



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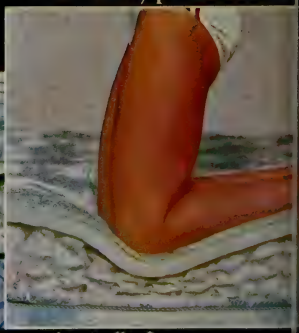

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Cathy Rigby

BEAUTYREST BY SIMMONS.

The Physical Fitness Mattress

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continued from page 103

Study

member little of what they read. Without prompt review, a great deal of reading and listening time is wasted.

The reason lies in the nature of memory. Only elephants in fables never forget. Humans seem to require some extended concentration or deeper processing if material is to be fixed in memory. This should be the purpose of review.

Immediate review might consist of ten minutes of note checking and recitation after a 50-minute study session, or three minutes after class of checking notes taken during a lecture. You might suggest your child take a couple of minutes to review what he last learned in a subject before he begins working on a new assignment. Brief weekly reviews — ten to 30 minutes per subject — have been shown to be immensely helpful.

If your child argues that he doesn't have time for that much reviewing, point out that he's really saving time. Tests have shown that students who review immediately after a reading assignment and ten minutes or so each week remember 85 percent of the material two months later, while those who don't review forget 85 percent. Clearly, regular review minimizes last-minute cramming. Your child might find some mnemonics, or memory-boosting techniques, helpful during review. The idea is to tie in facts to be learned with associations which are difficult to forget.

Imagery is one mnemonic technique that sometimes helps, not only with note taking (see above) but with retention. A child trying to remember the French word for fish *(poisson)* might, for example, visualize a sickly fish with the poison symbol on its side. Ridiculous mental pictures may make it easier to remember things like historical names and places. Perhaps you can suggest some to prod your child's imagination.

Another technique is the use of *mental maps* in which items to be learned are pigeonholed into familiar locations. A list of chemical formulae, for example, might be remembered by "placing" each in a familiar spot on a morning's walk to school.

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The tip-of-the-tongue phenomenon

If your child has trouble retrieving from his memory facts he obviously knows, you might suggest that he make a systematic search. Memory storage is viewed by many authorities as a network coded with many fine links. Breaking one easy code may produce the link to another code and eventually provide the link to the missing information.

If your child can't remember who was vice-president of the United States in 1877, for example, a reasonable first goal might be to recall who was president then. If that doesn't work, you might suggest that the child think about what major events occurred in the decade.

You may want to seek professional advice before embarking on serious modifications of your child's study habits. The youngster's teacher is a logical place to start. Other likely sources of help include a reading coun-

continued

"Pillsbury tastes richer and better than my Duncan Hines."



heads the Ohio State study center established by Robinson. Individualization is the key to much of the work now being done there.

2. Enthusiasm is growing for "metacognition"—a process that emphasizes the control the student has over his own learning processes. Since different techniques work better for different students, the individual is encouraged to monitor his performance and change what doesn't seem to work.

principal might be interested in knowing about a National Association of Secondary School Principals (NASSP) system designed to teach effective studying. The current series is designed for eighth through tenth graders, but the consultants who produced it plan programs for older and younger students as well. Although the program is designed for classroom use, a dedicated parent may want to try it. Write the National Association of Secondary School Principals, 1904 Association Drive, Reston, Virginia 22091, and ask for the HM Study Skills Program. The price is $3.50 for the student program; a teacher's guide costs $2.50. Add ten percent for handling.

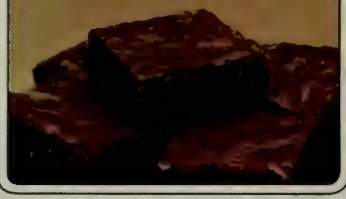
Other materials worth writing for include these titles:

- *How to Succeed In High School,* by George Weigand, $2.85 postpaid, Barron's Educational Service Inc., 113 Crossways Park Dr., Woodbury, New York 11797.
- *How to Study,* by Anne Tracey, $1.60 postpaid, Modern Curriculum Press, 13900 Prospect Rd., Cleveland, Ohio 44136.

continued

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continued

Study

selor or a study center at your child's school or a nearby university.

New trends in study techniques

Study techniques have not changed a great deal over the last 40 years. Pioneering work done in the 1940s by Dr. Francis P. Robinson at Ohio State University emphasized a systematic approach with the learner actively questioning, evaluating, and reviewing the material every step of the way. Most study programs in use today stem from the system that Robinson developed. There are, however, some major adaptations that you might want to keep in mind as you observe and work with your child:

1. More attention is being given to modifying techniques to serve different learning styles. "There is no one most effective way for everybody to learn," says Dr. Theodore Kaul, who today

3. Today's students are being urged to transfer literature or lectures into their own language or symbol system, rather than simply mouth the words of the text or instructor, according to Texas Christian's Dr. Dansereau. Analytic and creative thinking is strongly encouraged.

For more information

If your child's school isn't formally teaching students how to study, the

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17 mg. "tar," 1.3 mg. nicotine av. per cigarette, FTC Report May 1978.

continued

Study

The above books would be suitable for junior and senior high students. Books that would be suitable for college students and high school students interested in improving study skills include:

- *How To Study,* by Clifford T. Morgan and James Deese, $3.95 plus postage. Order from the nearest McGraw-Hill Distribution Center: Highstown, New Jersey 08520; 8171 Redwood Highway, Novato, California 94947; or Manchester Road, Manchester, Missouri 63011.
- *How To Read A Book,* by Eileen E. Sargent, Helen Huus, Oliver Andresen, $2 postpaid, from the International Reading Association, 800 Barksdale Road, Box 8139, Newark, Delaware 19711.

An excellent new book directed at adults is:

- *Study Skills for Those Adults Returning to School,* by Jerold W. Apps, $5.95 plus shipping. You can order this book from any of the McGraw-Hill Distribution Centers listed above.



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Study tips for adults

If you're the student in the family, you might want to try some of the study tips recommended in this article. Also consider the following problems that bother many adults returning to school:

Insecurity. Adults often are plagued by fears that they won't be able to compete with younger people or even that they are too old to learn. Yet research indicates that many intellectual abilities continue to increase well into middle age, particularly for mentally active people. While some anxieties are natural, too much worry could interfere with learning. It may help to realize that you benefit from a great deal of experiential knowledge your younger classmates lack. Patience is also useful; most adults returning to school say it takes about a semester to adjust.

Time pressure. Whether you're working outside or inside the home, you probably feel there just aren't enough hours left in the day for studying. One of the best ways to deal with this is to make use of extra minutes, no matter how few. Make it a habit to carry note cards, a pencil, and a textbook whenever you're going someplace where you might have a few free minutes. Two ten-minute periods daily will produce two hours and 20 minutes of extra study time each week.

Wise use of a tape recorder can also expand study hours. It's probably a waste of time to record whole lectures or passages from books, since doing so tends to discourage you from learning the material the first time through. But the next time you're studying, try taking notes with a tape recorder rather than a pencil. Talk your notes into the recorder. Then review them the next time you're feeding the baby, driving to work, or cleaning house.

Eyestrain. Simply because you're older than your fellow students, your eyes may give you more trouble. If your job involves close work, eyestrain may prove a real hindrance to studying after a full day's work. You can reduce strain by minimizing demands on your eyes—another reason why recorded reviews may be helpful.

If your eyes still bother you, have an examination to make sure there is no vision problem. Adequate lighting for study is essential; shadows and glare bother the eyes. Good posture is important, too; eyes have to strain more to read material held at an unusual angle.

Rest your eyes periodically—a five-minute break every 30 or 45 minutes. Physical exercise may be even more helpful in relieving eyestrain than lying down and closing the eyes.

—Barbara Mantz

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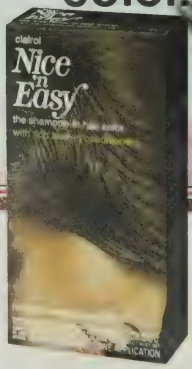


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Building on the Past



There's nothing new about being interested in the past; just look around you at the hordes of antique buffs and the millions of historical novel enthusiasts. But what is new is the recognition that the past has something thoroughly practical to offer us today. Instead of romanticizing or reverencing the past, more and more families are rubbing shoulders with it on an everyday basis, and growing a little with each encounter.

The fruits of our heritage are all around us—from the workmanship and workability of the houses of our forebears . . . to the hearty goodness of the foods they cooked . . . to the beautiful simplicity of the lives they led.

In this special 24-page color section, you'll see real-life examples of the ways families are making the most of what the past has to offer. You'll see, for example, how the Groggers (top photo), *who live in Missouri, rescued a hulk of a house nobody wanted and turned it into a proud old blue blood that lives better than most new houses. You'll also tour two more restorations pulled off by the Falcks* (center photo) *of Massachusetts and the Thachers* (bottom photo) *of California.*

And you'll peek inside the kitchens of three families who enjoy cooking up such old-fashioned treats as Plymouth Succotash, Spider Cake, Portuguese Stew, Persimmon Pudding, Buttermilk Biscuits, and Red-eye Gravy made the "down-home" way.





Rescue of a "Hopeless" Midwest House

BY CHERYL SCOTT

By recycling materials from other old structures, Bob and Lynne Grogger have turned a "hopeless" boxy house into a gingerbread delight. Their restored house, shown at the top of page 113, is the perfect showcase for the couple's American-primitive furnishings, too.

Everywhere you look in the Grogger house, there's a feast for the eyes. But it hasn't always been so picture-perfect. It took Bob's tireless dedication to reusing old materials and Lynne's perceptive decorating eye to turn the house into the masterpiece shown here. The family room, *right*, part of a two-story rear addition, is a good example of Bob and Lynne's recycling and design expertise. The framing and siding for the exterior, *below*, are new lumber, but nearly everything else in the room—ceiling beams, plank flooring, French doors with leaded glass above, and the furnishings, including the massive shutters and barroom mirror along one wall—started out in some other building.



Hand Lettering: Tim Girvin / Photographs: Hedrich-Blessing

In the entry hall, visitors are reminded of the skills of yesteryear by this handsomely carved door (below) with its beveled and etched glass. As part of their remodeling, Bob and Lynne Grogger carefully replaced all exterior doors with similar one-of-a-kinds that they've salvaged from other old houses. The rustic doors, stripped of their timeworn finishes, add to the wealth of visual surprises in the Grogger home. Some of the windows, too, lived earlier lives in other buildings. For example, Bob found the family room windows in a factory that was being razed.



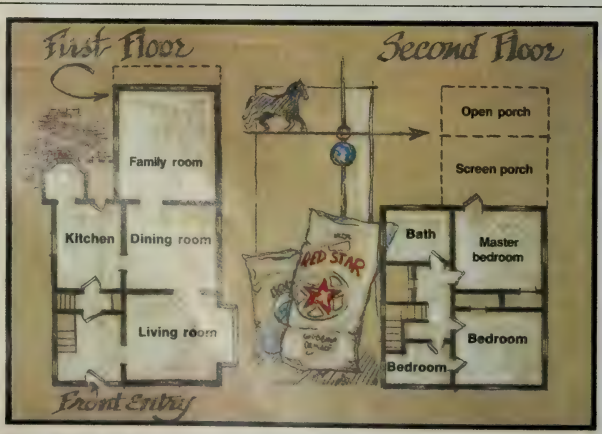
Rescue of a "Hopeless" Midwest House

The Groggers bought their home in central Missouri in 1974 from owners who just wanted out. "It was the pits!" Lynne told us, as she recalled her first impression of the dwelling. It was simply a two-story box with a sadly sagging front porch. The paint job—pale yellow with pink trim—looked as old as the house itself (vintage 1900-1910), and the only "decorative" trim was some shabby latticework beneath the dilapidated porch. (Bob salvaged all that wonderful gingerbread from other houses.) Landscaping was conspicuous by its absence. A scraggly old bush and a tree stump were the extent of the outdoor decor.

The interior was a match for the dejected exterior. The kitchen, just a shell with rusting metal cabinets, was topped by a leaky ceiling. The upstairs bedrooms had leaky, sagging ceilings, too, and throughout the house a rakish variety of flowered wallpaper was peeling off the walls. Upstairs, the woodwork had long ago been buried under layers of paint; downstairs, the woodwork was heavily laden with coats of yellowed varnish. Yet, Bob Grogger could see that under all this surface dishevelment, the house had a good foundation, a sturdy frame, and *lots* of possibilities.



Bob was also realistic enough to foresee a lot of work. When he and Lynne bought the house, they quickly rejected the thought of working evenings and weekends on renovation while maintaining their full-time jobs. (Bob is a carpenter; Lynne teaches learning-disabled children.) "It would have taken us ten years to accomplish all we've done in two years," Lynne said. Instead, they sacrificed Bob's income for one year so he could get the lion's share of the work out of the way. The finishing and decorating occupied Bob's and Lynne's spare time for an additional year. Though the Groggers were money-poor for a few years, they're certainly house-rich now.



The key to the spectacular transformation of the Groggers' house has been Bob's imaginative recycling of old building materials. His motivation was twofold: a respect for the craftsmanship found in many older homes—and a tight budget. As a direct result of Bob's waste-not philosophy, the entire remodeling—interior and exterior—cost the Groggers just $7,000. Included in that sum are Bob's additions to the rear of the house—the family room with its lattice-and-screen porch overhead, a breakfast bay, and a rear entry porch. The ornate cornices and other gingerbread touches that have dressed up this plain, boxy house are all salvaged materials.

The Groggers dining room, *top photo, opposite,* is the home for many of the antiques Bob and Lynne have painstakingly refinished. Stripped of its many coats of varnish, the woodwork contributes to the rustic look the Groggers love. This was one of only two rooms in the house that had unmarred plaster ceilings. Lynne's stenciled design, from a pattern her grandmother had cut as a young girl, draws attention upward to the operable oil lamp that hangs above the oak dining table. Although the handsome diamond-panel beveled glass window in this room is the original, the Groggers have added more leaded glass in the entry, living room, and kitchen.

The kitchen, *bottom photo, opposite,* is a marvelous blend of old and new, too. Modern appliances and easy-care laminate counter tops coexist with antique cabinets purchased at farm auctions and flea markets. The walls, floor, and ceiling are clad in reused lumber, and even the breakfast bay, *photo on this page,* was salvaged from a house that was being torn down. Here, as throughout the house, is evidence of Lynne's decorating abilities. "We like to live with our antiques, not simply display them as a museum would," Lynne explains, so the Groggers use those funky old canisters and the graniteware daily.



Lynne's flawless blending of the Groggers' primitive antiques is evident throughout the house. At the doorway between the dining room and the family room stands this beautiful old pie cabinet **(below).** *Lynne uses a hand-stitched quilt as a wall hanging. (She also displays an extensive collection of quilts on the second-floor landing.) Other touches of brass, copper, wood, and glass add to the cozy feeling of the Groggers' home. Glass doors on the breakfront* (left) *allow a peek at their treasured glassware collection.*





Rescue of a "Hopeless" Midwest House



When the Groggers first moved into their house, the second-floor bedrooms and bath posed a major challenge. The original plaster ceilings were so badly damaged that Bob had to come up with a new ceiling treatment for the whole upstairs area. Reused tin and pine (with false beams in the two larger bedrooms) solved the ceiling problem handsomely. The Groggers' antique rugs were laid over recycled pine flooring, and the woodwork was stripped of its old paint and given fresh coats.

Lynne's expertise has created a blue-and-white dream world in the large front bedroom, *above.* A wedding-ring quilt from Lynne's collection rests at the foot of the brass bed, and starched white eyelet pillow shams and dust ruffles complement the crocheted rose-within-a-square patterned spread. Old-time samplers, carefully protected under glass, decorate the walls above the bed, and a set of antique hairbrushes, combs, and hand mirrors occupies the adjacent bedside table.

The bathroom, *top photo, opposite,* took on an even more nostalgic mood. Bob salvaged the sculptured tin for the ceiling and backsplash areas from an old office building. The Groggers' footed tub came with the house, but the pedestal sink was rescued from other quarters. Above the tub, heavy bars—the type usually found on commercial exit doors, not in a bathroom—hold the Groggers' towels. "I don't know how we'll get that scale downstairs if we ever move. It really works, too," Bob says.

A spindle-post bed fits perfectly in the tiny guest room above the stairway, *bottom photo, opposite.* For these windows, and the ones in the stairwell, *right photo, opposite,* Lynne made curtains from old patchwork quilt tops. Red stenciling on the ecru walls and midnight blue painted woodwork set the patriotic color scheme in this cozy nook.

As must be apparent by now, both Bob and Lynne are American primitive buffs. Their home is filled with the bounty of their many weekends at auctions and flea markets. Bob could hardly have avoided acquiring primitives; his parents



Bob's recycled finds include the pine banister and railing (below) in the Groggers' entry hall. The newel post came from yet another house, and the pine ceiling and oak flooring are reused lumber, too. The calico touches in this inviting area were contributed by Lynne, who stitched together a series of small braided rugs to serve as stair runners. She also used old quilt tops as tieback curtains. On the wall are old typesetting trays full of miniature collectibles. At the base of the stairs, out of camera range, is a collection of rag dolls and other antique toys.



have been collectors for years, and other relatives have been bitten by the antiquing bug, too. Before Bob and Lynne were married, he had collected several of the larger pieces in the house; others are hand-me-downs from relatives. The Groggers feel fortunate to have had this head start on their collection: "With today's prices, we would never be able to furnish our home in this manner." Now, they confine their antiquing jaunts to the search for small accessories—and wince at the price tags.



But every antique they collect and every treasure they rescue from a wrecking crew contributes to their comfortable home. It's living evidence that our future really is built on the past.

Restoration of a New England Two Story

BY LAUREL LUND

When architect Erling Falck, his wife Maryellen—who teaches children with special needs—and their daughter, Jami, moved to the seaside town of Marblehead, Massachusetts 12 years ago, they wanted to find an older home that captured the charm of the historical old village. Price, location, and decorating potential were of prime importance as they searched for the perfect place to live. All three criteria were more than met when they discovered this charming two-story clapboard home.

Once owned by a sea captain who used the structure as a barrel warehouse, the building was dark, dingy, and down-at-the-heel. With a conservative amount of renovation and lots of creative touches, the couple changed the two-century-old structure into the lovely, highly livable personal retreat it is today.

The Falcks accomplished the renovation carefully and cautiously. They faithfully maintained the existing framework of the house, worked from the outside in, and tackled the interior spaces one room at a time. Then Erling and Maryellen called on creative use of color to give the aging home a new lease on life.

Because the Falcks had to proceed at a pace their budget allowed, they took their time and did all of the remodeling and decorating themselves. They began the redo with an exterior spruce-up. (A photograph of the house is shown in the center of page 113.) A new roof, new windows, and dark-stained clapboard siding were added to help update the house while maintaining its colonial charm.

The interior spaces, however, were the real challenge—and the real reward. This lovely living area, *right,* was originally chopped up with awkwardly placed walls and doors. To open up the small space and make the room more livable, Erling removed a centrally located partition. What remained of the freestanding fireplace was enclosed to conceal wiring and plumbing apparatus. A raised brick hearth holds a new Franklin stove that provides visual and actual warmth for the room.

The Falcks' masterful mix of past and present is very much evident in the living area. Here they chose light-scale, low-key contemporary furnishings to make a direct contrast to the mellow wood beams and polished plank floors.

A tuxedo sofa and a pair of chrome and canvas chairs create a U-shaped conversation grouping that focuses on the fireplace. Two leather and wood chairs nearby provide additional seating. To anchor the arrangement, Erling designed the glass-topped coffee table in front of the sofa. The steel legs were bent to shape and spray painted at a local body shop. Areas of activity are defined and accentuated with colorful Moroccan area rugs.

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Photographs: Jim Hedrich, Hedrich-Blessing. Design: Erling Falck, A.I.A. Source: Estelle Bond Guralnick



Restoration of a New England Two-Story





The Falcks followed their own decorating philosophy while restoring the two-century-old home. They maintained the existing structure of the building, worked from the outside in, and called on creative use of color to inject new life into the aging home.

Because the family remained in the house during the redo, they tackled the interior one room at a time. That way, they kept bedlam to a bare minimum and made sure there was always at least one room where the family could relax and entertain friends. Also, by proceeding at a slow pace, the Falcks minimized strain on their budget.



Warmth and hospitality radiate from this delightful dining area in the Falck home. To make the small space even more inviting, the woodwork, fireplace mantel, and dado were given several coats of warm plum-gray paint. An old-fashioned brick floor underscores the cozy country look. Although the bricks complement the original structure beautifully, the floor was actually the result of an accident-turned-asset. As the couple progressed in their room-to-room renovation, they burned wood lathes and scrap material in the dining room fireplace. One day, the smoldering ashes caught fire and accidentally destroyed much of the newly restored pine plank floor.

With typical resiliency and ingenuity, the Falcks salvaged the remaining wood planks and used them to patch the living room floor. Then Erling laid brick pavers in the dining room and continued them right into their about-to-be renovated kitchen.

The dining room table is yet another example of Erling's handiwork. He fashioned the circular unit by attaching a stock maple wood top to an enameled porcelain pedestal from a restaurant supply house. Mealtime seating is provided by four gracefully shaped bentwood chairs. To add color punch to the setting, Maryellen covered the tie-on seat cushions with orange and white striped fabric.

The cheerfully sunlit kitchen is one of the few totally remodeled rooms in the house. And true to the Falcks' decorating philosophy, the kitchen was renovated within the existing structure of the house. In just five weeks—and for less than $300—the couple turned a dreary space into a handsome and highly practical cooking-eating area.

To begin the redo, the Falcks removed an unsightly jumble of counters, out-of-date fixtures, and mismatched cabinets. Rather than ripping out and replacing timeworn walls, Erling camouflaged them by nailing horizontally placed pine boards directly over the old surface. Then, he gave them a coat of white paint.

In the original floor plan, there were only two walls that could be used for counter and appliance space. The Falcks managed to keep the kitchen within its existing configuration by isolating the cooking area on the shortest wall and concentrating the work area on the other.

To visually increase the small space, birch cabinets, *sans* doors, were installed overhead. The cabinetry was made to match existing doorheads for continuity of design. Wall-to-wall pegboard was installed above the sink area to keep kitchen utensils close at hand.

Next, the dark space was brightened by installing clear filament bulbs in ceiling-mounted porcelain sockets purchased at a hardware store. Fluorescent cove lighting provides additional illumination on the walls, and also serves as storage shelves.

Because the Falcks enjoy entertaining in their kitchen while Maryellen cooks, the butcher block table is often surrounded by family and friends. Four lightweight canvas-covered director's chairs provide comfortable seating.

Color was once again called into play as an inexpensive yet effective decorating tool. Cabinetry and woodwork were painted a deep charcoal gray; the pegboard was given a coat of silver paint to help meld the miscellany of aluminum cookware and French tin cooking equipment. For bold color accent and a touch of whimsy, an old refrigerator (not shown) was redone in fire-engine-red enamel.

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Restoration of a New England Two-Story



Color is clearly the key to the success of the Falcks' guest room, *above*. The woodwork was painted a dusky celery tint to contrast with the white walls. The smashing striped bedspreads–really Indian woven mats purchased for next to nothing–and a persimmon-hued Moroccan area rug at the foot of the beds create more color impact.

The Falcks' masterful mix of old and new is equally apparent in the second story of their home. An excellent example of the couple's tastes and talents is the master bedroom, *top opposite*. The contemporary furnishings are a delightful contrast to the hand-hewn country look of the architecture. A brown and white checked comforter (which Maryellen stitched up from bed sheets) dresses the bed. In lieu of a headboard, fabric in a bold graphic design hangs on the wall above the bed.

Nestled between the two bedrooms is an inviting sitting room, *opposite*. The Falcks entertained friends here while the first floor was being renovated. Now the space serves as a relaxing fireside retreat for the family.

Next to the sculpturally shaped fireplace is a doorway that leads to the dining room below. The nearby steps to the attic are lacquered black and accented with a staggered arrangement of houseplants.

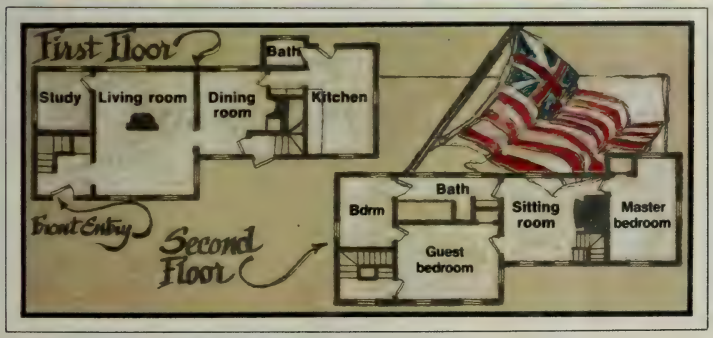
Despite the high-style look of the sitting room, the Falcks furnished it for less than $100. They simply took their time seeking out modestly priced furniture that was well-designed and thoroughly practical.

Once again, it's the savvy color scheme that helps to define space in the sitting room. The mustard-hued woodwork highlights the original architecture of the room. The color also subtly sets the room apart from the brown and white master bedroom and celery-colored guest room on either side of it.

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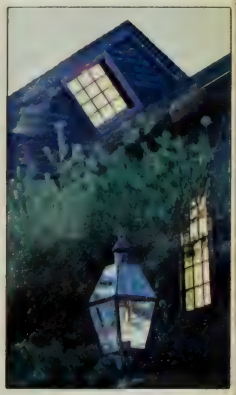






Creative use of color appears throughout the Falck house to help define space. In the past, doorways were used to help accomplish the task. But with the Falcks' open-door policy, another decorating device was called for.

Color provided the answer. The Falcks followed one rule when applying paint to walls and woodwork: They painted all the plaster white, and all the woodwork an unusual accent color. As a result, all of the rooms on the first and second floor of the house are color coordinated, yet each space maintains its own distinctive personality.

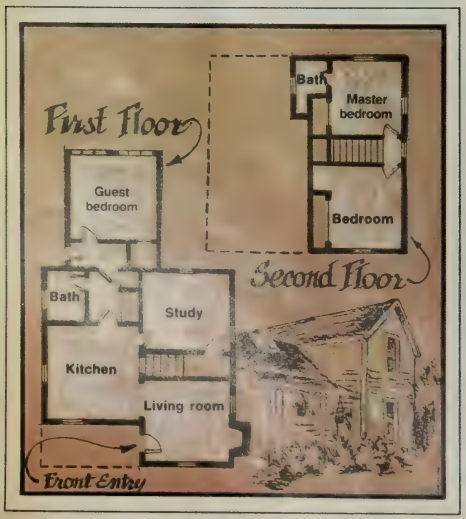


Rebirth of a West Coast Farmhouse

BY CAROLANN SHINDELAR

Eighty years ago farmhouses like Tom and Sue Thacher's were springing up all over the countryside, and their pure architectural simplicity is still in style. As charming on the inside as they are on the outside, these old farmhouses are a restorer's delight. Tom and Sue are justifiably proud of their born-again house—so proud that they used a drawing of their "new" home to decorate their wedding announcement. A photograph of the house is shown at the bottom of page 113.

Tom and his partner Matthew Thompson restored the house to better-than-mint condition just before Tom and Sue were married. The living room, *right,* was high on their list of priorities. The room was structurally sound but desperately needed cleaning up. New drywall, window trim, ceiling cove molding, and fresh paint made the room livable, but what made it home were Tom and Sue's contemporary furnishings and a brand-new fireplace (hand-built by Matthew). Since the room is only 12x14 feet, small-scale furniture was used throughout. The chrome and canvas chairs and Plexiglas occasional tables are visually light, but sturdily functional. The tuxedo sofa is covered with white Haitian cotton to focus primary color emphasis on the lovely maroon Oriental rug. Rich chocolate brown paint visually lowers the ten-foot ceiling and gives the space a warm, cozy feeling.



Photographs: Fred Lyon. Architects: Tom Thacher and Matthew Thompson. Source: Barbara Cathcart



Rebirth of a West Coast Farmhouse

Tom and Matthew bought the farmhouse four years ago at a bargain price; just $36,000 gave them the house and lot, plus a vacant lot next door. At 1975 prices, the two lots alone were worth $32,000! The partners qualified for low mortgage financing and also got a loan to cover the costs of remodeling.

The original house was in fairly sound condition but bore the scars of many years of neglect. The house had no heat, and the plumbing and electrical systems were in shambles. The living room, kitchen, and bath downstairs had creaky, uneven floors and shabby walls, and the two tiny bedrooms upstairs were in deplorable condition. The house was small—only 1,000 square feet—so Tom and Matthew added a guest room, rear entry, and storage space to the back of the house, boosting the square footage to 1,500. They also built a dormer bathroom off the master bedroom upstairs.

The partners ended up spending a great deal more time and money renovating the house than they'd anticipated. And like every remodeling, this one had its share of surprises. The first was the discovery that not all of the lumber in the house conformed to contemporary dimensions. All the stairway walls, for example, had been built with 2x3 studs, and to bring that part of the structure up to current 2x4 code requirements, Tom and Matthew had to nail 1x1s to all the stair studs.

Other surprises, like dry rot and termite damage, meant more walls than expected had to be torn down, and a less-than-sturdy roof had to be almost completely replaced.

But contending with a turn-of-the-century house had its rewards as well. The novice remodelers were thrilled to discover fine wood and craftsmanship throughout the house. "Most of the wood was clear, all-heart redwood and straight as an arrow," said Tom. He and Matthew found great pleasure in uncovering square nails and hand-cut joints and in seeing firsthand the framing methods used in the 1800s. In keeping with that tradition, Tom and Matthew hand-milled all of the lumber and molding in the house, and hand-routed the siding for the additions to match the existing exterior.

The Thachers' kitchen, *opposite*, is probably the most striking example of the rewards that await an energetic restorer. Tom and Sue say their kitchen is the heart of the house, and it's easy to understand why when you see the room's dramatic new dimensions. The original kitchen ceiling was removed to open the room to the roof line, and four skylights were installed to bring in lots of sunshine. Tom and Matthew also built all of the cupboards themselves—they used pine for the cabinets and shelves and covered the counter tops with plastic laminate. All the wood is protected with urethane for a lasting, natural finish.

The master bedroom, *below*, like all the rooms in the house, effectively combines the past with the present. The contemporary patchwork bedspread is reminiscent of the handmade quilts of bygone generations but benefits from today's durable fabrics. Soft carpeting was a luxury eighty years ago, but now is almost taken for granted—especially for cold bedroom floors.

All through the house the Thachers have shown that preserving the past doesn't mean excluding the present. Their restored farmhouse has all the charm of the 1890s, plus the convenience of the 1970s—a combination they will enjoy for years to come.



The china hutch in the kitchen is a marvelous example of old-world craftsmanship. Tom and his partner Matthew designed and built all the kitchen cupboards, and then Tom built the hutch to match. Its quality and detailing are worthy of the master cabinetmakers of bygone eras. The hutch displays Tom and Sue's china and crystal behind glass doors, and has a closed storage space for kitchen accessories below. Atop the hutch—and all the kitchen cupboards—are some of the couple's favorite collectibles.



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Folks Who Still Cook the Old Fashioned Way

BY ROSEMARY C. HUTCHINSON

Do your memories of the good old days include wonderful homemade foods that you haven't tasted for years? If so, these next few pages will inspire you to get into the kitchen and actualize those memories. We've found three families who take pride in their food heritage and strive to preserve it in our fast-paced world.

Visit Plymouth, Massachusetts, and join the Jim Baker family celebration of Forefathers' Day. Then stop by San Francisco and try Paula Clare's family foods. Finally, journey to Mississippi and learn how Marion and Sam Gore prepare traditional Southern favorites.

Once you've sampled a few time-honored recipes and absorbed some of these families' enthusiasm, we hope you'll find time to re-create your own family's cooking heritage.

Jim Baker's Plymouth Succotash—

A FOREFATHERS' DAY CELEBRATION



As Jim prepares **Plymouth Succotash,** he explains: "Succotash is actually a descendant of an old Indian dish that was originally made with wildfowl and venison instead of chicken and corned beef. To be truly authentic, the dish should be prepared with corned beef cured without saltpeter."

"Appreciation of the past just seems to be a natural part of my life," says Jim Baker of Plymouth, Massachusetts. To illustrate, Jim just might show you his 1830 home filled with cherished antiques or prepare an authentic Forefathers' Day meal for you.

"Forefathers' Day has been observed by the people of Plymouth for generations," explains Jim. It's celebrated on December 21st to commemorate the pilgrim landing at Plymouth Rock. The occasion is marked by speeches, the firing of cannons, and the serving of a stew called Plymouth Succotash.

"For our family, Forefathers' Day is particularly special because my wife Pat and I picked it as our wedding day. What we usually do is make succotash and have a big meal with family and friends."

While there are various versions of Plymouth Succotash, Jim uses a recipe that has been handed down in his family. "There are actually two types of succotash," Jim explains. For First-day Succotash, the chicken, corned beef, and beans with corn are dished up separately, and each guest mixes them to suit his or her taste. For Second-day Succotash, all the ingredients are combined and heated as a soup. "Our family prefers to skip to the second-day version," says Jim, "but the first-day type is more traditional." Whichever version you choose, we're sure you'll agree Plymouth Succotash deserves to endure.

Photo on far right:

Headlining the Bakers' Forefathers' Day menu is **First-day Plymouth Succotash** (right and center) *with the chicken, corned beef, and bean-corn mixture served separately,* **Spider Cake** (left), *and* **Grandmother Cooper's Cranberry Pie** (on table in back).

Recipes begin on page 139.

Photographs: Jim Hedrich. Source: Estelle Guralnick



Jim and his mother, Jane Baker, both make **Spider Cake.** Here they mix together the cornmeal-yogurt batter and add melted butter from the skillet.



Next they add the batter to the skillet. Jim explains that this old-time corn bread gets its name from the long-handled, three-legged colonial skillet called a spider that the early settlers originally used to bake the bread.



After the bread is cooked a few minutes on top of the range, Jane pours a mixture of yogurt and milk over the partially done batter. This gives the bread a creamy top layer. Then she pops the skillet into the oven.



Folks Who Still Cook the Old Fashioned Way

Paula Clare's Family Recipes— OLD-STYLE COOKING AT ITS BEST



"Grandmother Hazel's Portuguese Stew and Grandmother Pearl's Whole Wheat Bread go together to make a perfect wintertime meal," says Paula. "Our family really enjoys the cinnamon flavor of the meat. It makes the dish different from any other stew I know."

"I've always loved old-style cooking. When I was a child and visited my grandmothers, I'd always sit for hours and copy recipes from their collections," says Paula Clare of Belvedere, California.

Today Paula continues to cook the old-fashioned way, making most things from scratch and even grinding her own wheat for flour. She attributes her interest in old-time cooking to her family. "My ancestors date back to pioneer stock on both sides. When my grandmother Pearl on my father's side moved to California from Ohio, she brought my great-grandmother's recipe for Whole Wheat Bread *(see photo, left)* with her. She then taught me how to make the bread the way my great-grandmother did."

Paula's grandmother on her mother's side moved to California from Colorado, where she married a Portuguese tuna fisherman. Out of this heritage comes Paula's flavorful recipe for Grandmother Hazel's Portuguese Stew *(see photo, left)*.

When she was growing up, Paula took great pains to preserve her family's recipes. "Sometimes I ran into problems with the very old ones," Paula recalls, "because the phrases were hard to translate. It took me a while to interpret directions such as 'the bread is weeish (stale),' 'hulk (scoop) it out,' and 'a glop of water.' "

When Paula married Ron, she married into another heritage-rich family. Emily, her mother-in-law, had preserved all the family recipes from turn-of-the-century England in a red leather book. This book is now one of Paula's prize possessions. "I'm always sure of a success with anything I make from Emily's book," says Paula.

Paula hopes her daughter, Laura, and son, Jonathan, will also take an interest in the family's recipes. "I'd like to keep the knowledge of three experts like Grandmother Hazel, Grandmother Pearl, and Emily alive for future generations."

Photo on far right:

Assembled on a family heirloom lace tablecloth is an assortment of Paula's family desserts. Clockwise from lower left *are a wedge of* **Persimmon Pudding** *that Emily made from fresh persimmons and topped with hard sauce (see whole pudding, center back);* **Christmas Cake**—*a fruitcake filled with currants, candied citron, candied cherries, and almonds; Grandmother Pearl's* **Blackberry Cake,** *made with fresh or frozen blackberries and drizzled with a powdered sugar glaze;* **Maid of Honor Cupcakes,** *sweet little cakes filled with a delicate pineapple filling; and* **Nut Snacks,** *cookies laced with walnuts, coconut, and maraschino cherries.*

Recipes begin on page 139.

Photographs: Fred Lyon. Source: Helen Heitkamp



The Clares buy wheat kernels in 25-pound tins. Paula stores a small portion of the wheat in the kitchen and keeps the rest in a cool storeroom. She uses her electric grinder to grind just enough flour for one batch of bread at a time. "The flour stays fresher that way," Paula says.



Getting the wheat fine enough takes practice. Here Paula shows her daughter, Laura, how to tell when the flour is ground to just the right texture.



Paula believes that proper kneading is the key to good bread. "Knead the dough until it's smooth and elastic," she says. "It should not hold an imprint when you press it gently."



Folks Who Still Cook the Old Fashioned Way

Marion and Sam Gore's Southern Cooking— DOWN-HOME TRADITIONS LIVE ON



Since Sam claims he's not an expert Fried Pie maker, we asked 90-year-old Grandmother Gore to give him, and us, a firsthand lesson. The crust is a rich lard or shortening pastry; the filling, a fruit puree made with cooked dried peaches or apples. The pies are folded to half-moon shape, then shallow-fried. This old-time Southern dessert/snack is great served hot or cold.

In today's faddish, fast-paced society, Marion and Sam Gore's food-style is a rarity. According to Sam, "About 80 percent of our diet is Southern food done traditionally—from growing and preserving it to preparing and serving it." Marion adds, "Sam is so enthusiastic about food that it's contagious."

The Gores are undoubtedly self-sufficient people. Except for buying salt and sugar (the latter to satisfy Sam's sweet tooth), Marion and Sam and their four children (Bruce, 19; Karen, 17; Larry, 13; and Tom, one) could, if need be, live very well indeed without ever visiting a grocery store. At their Houston, Mississippi, farm they raise and preserve nearly all of their own food—aged beef, pork, country-cured ham, homegrown fruits and vegetables, molasses from their own sorghum mill, home-ground cornmeal, and churned butter to name a few items. And Sam is more than a weekend hunter; from his own and surrounding land, he reaps an abundance of wild game including venison, squirrel, rabbit, quail, dove, beaver, and raccoon.

Considering Sam's contemporary profession (he's a pilot for a major airline) and Marion's background (she grew up in suburban Philadelphia), their back-to-the-land life-style is somewhat surprising. Sam explains: "Our attitude toward eating evolved along with my attitude toward life. I am basically a hedonist; I am also a self-sufficient person. It naturally follows that if I am to enjoy the most pleasurable food possible and still be self-sufficient, I'll have to grow and cook my own food. I've had the good fortune in my life to watch some excellent cooks—my mother, both of my grandmothers, and some of my friends."

"We cook this way for three main reasons," Sam continues. "It's good, it's economical, and it's comforting. By comforting, I mean that being able to do things traditionally gives you a great degree of independence. Besides that, it helps to provide a bridge between the slower paced, more introspective life of the past and the fast-paced, impersonal, highly technological life of the present. That bridge helps us to keep our lives and ourselves in perspective."

The Gores' a-little-of-this-and-that cooking ideas and recipes might help you put your life in perspective, too. Try them and see for yourself.

Photo on far right:

A standard Gore dinner features **Garden Salad** (front) *that includes fresh young greens and a* **Red-eye Gravy** *dressing made from* **Home-cured Ham** (center left), *mixed fruit,* **Panfried Quail** (center right) *with rice,* **Sawmill Gravy** (center back), *and* **Buttermilk Biscuits** (back right).

Recipes begin on page 139.

Photographs: Jim Hedrich



Just as Southern cooks did years ago, Marion makes Buttermilk Biscuits in a wooden dough bowl that's stored in the kitchen flour bin. To form the dough, she works lard and buttermilk into self-rising flour with her fingers. Then she pinches off pieces of dough to make each biscuit.



Sam fries seasoned and floured quail (or other young wild game such as dove or rabbit) in a skillet.



He browns a mixture of the pan drippings from the quail and flour as the basis for Sawmill Gravy, so named because it was served at Southern sawmill camps. The secret of the gravy is to cook and stir the flour mixture until it is a deep brown, but not burned.



Folks Who Still Cook the Old Fashioned Way



Marion and Sam Gore's Southern Cooking-

DOWN-HOME TRADITIONS LIVE ON

Many rural Southern homes were without electricity till the 1940s and 1950s, so preserving foods by methods other than refrigeration and freezing was essential to the way of life. While the Gores now freeze most of their meat, Sam still cures his ham, bacon, and fatback (pork for seasoning) with salt, using an age-old preservation method. Marion carries on the Southern tradition of sun-drying fruits. She cans and freezes vegetables from their prolific garden and fruits from nearby orchards as well.

The Gores always keep pickles on hand to add a tart flavor to meals. The Gores prefer crisp pickles, so they do not process their pickles but store them at a very cool temperature. (We have included processing times in our recipes to ensure safety with room-temperature storage.) Pictured above are (in bowls, front to back) **Dill Green Peppers, Pickled Banana Peppers, Pickled Beets, Lime Cucumber Pickles,** *and* **Dill Cucumber Sticks.**

Recipes begin on page 139.



Salt is a natural meat preservative since, in effect, it dries the meat by drawing out the moisture. The requirements for salt-curing are few: a fresh pork leg (or other pork cut), an ample supply of salt, and a cool place (below 55°) to cure the meat. In the South, salt-curing is done in the late fall or winter months when the weather is cool.



Most of the water is drawn out of the meat during the first 24 hours. The first day, Sam thoroughly salts the meat, being sure to push salt down around the leg bone and rub it into crevices. He covers the meat with more salt and leaves the meat on a slanted board so the moisture drains off. The next day, Sam replaces the wet salt with fresh and puts the meat in a box to cure for up to six weeks. He then washes the salt from the ham and hangs it in his smokehouse to hickory-smoke for four or five days.



DO YOU COOK THE OLD-FASHIONED WAY?

If you or anyone in your family enjoys cooking the old-fashioned way, send us your recipe and some information on the history behind it as well as the techniques you use.

If your recipe is selected, we will pay you $100 for it. Write your name, address, and information clearly. Also include 200 words explaining your recipe and describing its origin. Send your entry to "Old-Fashioned Cooking," P.O. Box 10645, Des Moines, Iowa 50336.

We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.

Photographs: Jim Hedrich

Pillsbury Plus

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In fact, these delicious Golden Fudge Fancifills take you hardly any time at all. Just wait until they taste that rich ribbon of chocolate cream cheese laced lusciously through moist, mouth-watering Pillsbury Plus Yellow Cake.

Pillsbury Plus Golden Fudge Fancifills.

Filling: ¼ cup sugar
1 tablespoon cornstarch
2 tablespoons margarine or butter
¼ cup milk
½ teaspoon vanilla
8-oz. pkg. cream cheese, softened
4 oz. (4 squares) semisweet chocolate, melted
1 egg

Base: 1 pkg. Pillsbury Plus Yellow Cake Mix
¾ cup water
⅓ cup oil
3 eggs

Frosting: 1 can Pillsbury Ready-to-Spread Chocolate Fudge Frosting Supreme



Heat oven to 350°F. Grease and flour 13x9-inch pan. In large bowl, blend cake mix, water, oil and eggs until moistened. Beat 2 minutes at *highest* speed. Pour half of batter into prepared pan; set remaining batter aside. In small bowl, blend all filling ingredients; beat at *highest* speed until smooth and creamy. Pour mixture over batter, spreading to cover. Pour remaining batter over cream-cheese mixture. Bake at 350°F. for 45 to 55 minutes or until toothpick inserted in center comes out clean. Frost completely cooled cake. Store in refrigerator.
High altitude—above 3500 ft.: Add 3 tablespoons flour to dry cake mix. Increase water to ¾ cup plus 2 tablespoons. Bake at 375°F. for 40 to 50 minutes.

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continued

Old-fashioned cooking

Jim Baker's Recipes

FIRST-DAY PLYMOUTH SUCCOTASH

Since this recipe makes a large amount, use the leftovers to make Second-day Plymouth Succotash—

1 pound dry white pea beans *or* navy beans
15 cups water
• • •
1 4- to 5-pound corned beef
½ pound salt pork
1 2½- to 3-pound broiler-fryer chicken, cut up
• • •
8 medium potatoes, peeled and sliced
1 medium turnip, peeled and sliced
1 quart dried hulled corn *or* 2 16-ounce cans hominy

Rinse beans. In a kettle or Dutch oven combine beans and *4 cups* of the water. Bring to boiling; simmer 2 minutes. Cover; let stand 1 hour.

Meanwhile, in a second large kettle or Dutch oven combine corned beef, salt pork, and *6 cups* of the water. Bring to boiling; reduce heat. Cover; simmer 1 hour. Remove *5 cups* of the broth; set aside for beans. Add chicken and the remaining 5 cups water to corned beef. Cover; simmer 40 minutes.

While chicken-beef mixture is simmering, add reserved broth to beans; bring to boiling. Reduce heat. Cover; simmer 1 hour.

Stir potatoes and turnip into chicken-beef mixture; simmer 20 minutes more or till meats and vegetables are tender. Remove meats and vegetables from broth. Reserve broth for Second-day Plymouth Succotash. Cover and chill. Dice salt pork. Slice corned beef for serving. Keep meats and vegetables warm.

Puree bean mixture through a food mill or process till smooth in a food processor or blender. Return to pan. Stir in corn *or undrained* hominy. Bring to boiling; reduce heat. Heat through. To serve, spoon some of the bean puree into eight to ten serving bowls. Arrange some of the meats and vegetables atop each serving. Cover and chill leftovers for Second-day Plymouth Succotash. Makes 8 to 10 servings.

Second-day Plymouth Succotash: Remove any leftover meat from bones; chop meats. Skim fat from chilled broth. In a large saucepan combine broth, meats, any remaining vegetables, and bean puree. Bring to boiling; reduce heat. Simmer, uncovered, 20 minutes or till mixture is hot and flavors are blended. Serve in soup bowls.

SPIDER CAKE

This old-fashioned cake has a sweet, corn bread-like flavor—

1 cup all-purpose flour
½ cup yellow cornmeal
¼ cup sugar
1 teaspoon baking soda
¾ teaspoon salt
½ teaspoon baking powder
• • •

continued on page 142



Maybe this unique blend of herbs and spices is why store-bought gravy doesn't taste as good as homemade.

Kitchen Bouquet—It makes the gravy.


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Here are the official rules for entering The Christian Brothers Sherry Recipe Contest:

1) You may enter as often as you wish. Each entry must be on a separate sheet of paper and clearly marked for either Appetizer, Soup, Entree, or Dessert. A First Prize winner will be chosen in each of these four categories. An Honorable Mention prize will be awarded to the next best one thousand recipes as determined by the judges.

2) Your recipe must be typed or plainly printed and must specify all ingredients and steps clearly.

3) Your recipe must include one of The Christian Brothers Sherries as an ingredient. NO PURCHASE IS REQUIRED.

4) Entries must be postmarked no later than December 31, 1979, and received by January 15, 1980. Judging will be completed by April 1, 1980, and the four major winners will be notified by April 15, 1980.

5) All entries will be judged by Maggies Kitchen. Recipes will be evaluated on the basis of originality, imaginative use of sherry and taste, as well as the intimate ingredients, proper measurements, and clarity of instructions. Decisions of the judges are final. No correspondence will be answered.

6) PRIZES. Four first prizes, one weekend vacation for two in San Francisco, May 16 through May 18, 1980, plus $1,000 per prize winner. One third and honorable mention prizes, one year subscriptions to Bon Appétit Magazine.

7) Recipe entries may not have been previously published or otherwise restricted legally. All entries become the property of The Christian Brothers and will not be returned. Submission of a recipe to the contest gives The Christian Brothers the right to adapt and publish the recipe without further compensation to the entrant, whether or not contest is prohibited by law.

8) All prizes will be awarded and none are transferable. Taxes on prizes are the responsibility of the winners. The odds of winning are a function of the number of suitable entries received.

9) Winners will be notified by mail. A list of major winners will be sent after June 15, 1980, to anyone who sends a stamped, self-addressed envelope by January 15, 1980, to Recipe Contest Winners, P.O. Box 99607, San Francisco, CA 94109.

10) Contest is open to all residents of the United States who are of legal drinking age under the laws of their home states. Affidavits may be required of the winners. The following persons are not eligible: members of the Order of the Brothers of the Christian Schools, employees of the following organizations and their families: Mont La Salle Vineyards, Fromm and Sichel, Inc., Maggies Kitchen, their advertising and merchandising agencies, liquor and wine wholesalers and retailers, federal and state liquor and wine authorities, Bon Appétit Magazine. This contest is void in the following states: AL, CA, CO, GA, IA, MI, NJ, OH, OK, PA, TX, UT, VA, and other states or localities where illegal or otherwise restricted by law.

11) Mail entries to:
The Christian Brothers Sherry Recipe Contest
P.O. Box 7463 Dept. BH
San Francisco, California 94120

Antoine B. Huber, Maitre de Cuisine of The Mark Hopkins, An Inter-Continental Hotel, San Francisco, displays the prize-winning dishes from last year's Sherry Recipe Contest. He will prepare the gala banquet in the Nob Hill Restaurant on May 18, 1980, honoring prize-winners and featuring their winning dishes.

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QUAKER

continued from page 139

Old-fashioned cooking

2 eggs
1 8-ounce carton plain yogurt
¼ cup milk
2 tablespoons butter *or* margarine
¼ cup plain yogurt
1 tablespoon milk

In a bowl stir together flour, cornmeal, sugar, baking soda, salt, and baking powder. In another bowl beat eggs, the 8-ounce carton yogurt, and the ¼ cup milk. In a 10-inch ovengoing skillet melt butter or margarine. Meanwhile, stir yogurt mixture into dry ingredients just till moistened. Pour melted butter into batter, leaving a small amount in skillet to grease the surface. Stir batter just till combined. Spoon into skillet. Place over medium-low heat. Cook, uncovered, 10 minutes. Combine the remaining yogurt and milk. Drizzle over partially baked cake. Bake in 300° oven for 30 to 35 minutes. Serve warm. Makes 8 servings.

GRANDMOTHER COOPER'S CRANBERRY PIE
1½ cups sugar
3 tablespoons cornstarch
2 cups fresh cranberries
1 cup water
1 cup raisins
¼ teaspoon salt
1 tablespoon vanilla
Pastry for 2-crust 9-inch pie

In saucepan combine sugar and cornstarch. Stir in cranberries, water, raisins, and salt. Cook and stir 10 minutes or till cranberries pop and mixture is thickened. Remove from heat; stir in vanilla. Cool while making pastry.

Prepare pastry. On floured surface, roll out *half* the pastry to a 12-inch circle. Line a 9-inch pie plate with pastry circle. Trim to ½ inch beyond edge of pie plate. Pour cranberry mixture into crust. Roll out remaining pastry to 12-inch circle; cut into ½-inch-wide strips. Weave atop filling to make a lattice crust; seal and flute edge. To prevent overbrowning, cover edge of pie with foil. Bake in 375° oven for 20 minutes. Remove foil; bake 25 minutes more. Cool before serving.

Paula Clare's Recipes

GRANDMA HAZEL'S PORTUGUESE STEW
1 8-ounce can tomato sauce
1 to 2 dried red chili peppers, seeded and finely crushed
2 bay leaves
2 tablespoons vinegar
2 teaspoons salt
1 teaspoon garlic powder
½ to 1 teaspoon ground cinnamon
½ to 1 teaspoon ground allspice
3 pounds beef stew meat, cut in 1½-inch cubes
1 tablespoon shortening
2 cups water
5 medium potatoes, peeled and cut in quarters
4 medium carrots, cut in 1-inch chunks
¼ cup all-purpose flour
½ cup cold water

In a plastic bag set in a large bowl combine tomato sauce, chili pepper, bay leaves, vinegar, salt, garlic powder, cinnamon, and allspice; add meat cubes. Close bag and marinate 1 hour

at room temperature or refrigerate overnight, turning meat in bag occasionally to distribute marinade. Drain meat well, scraping off excess marinade with a spatula. Reserve marinade.

In Dutch oven cook meat, half at a time, in hot shortening till browned. Return all meat to pan. Add marinade and the 2 cups water. Simmer, covered, 1 hour. Add potatoes and carrots; simmer, covered, 30 to 40 minutes more. Blend flour into the ½ cup cold water. Stir into stew. Cook and stir till bubbly. Makes 8 servings.

WHOLE WHEAT BREAD

1 package active dry yeast
¼ cup warm water (115° to 120°)
2 cups milk
¼ cup honey
2 tablespoons cooking oil
5 to 5¼ cups home-ground whole wheat flour *or* commercially ground whole wheat flour

In bowl stir yeast into warm water. Let stand 10 minutes. In a saucepan combine milk, honey, cooking oil, and 1 teaspoon *salt*. Heat and stir till lukewarm (115°). In mixer bowl combine *2 cups* of the flour, the yeast mixture, and milk mixture. Beat with electric mixer at low speed for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon. Turn out and knead in enough of the remaining flour to make a moderately stiff dough.

Continue kneading till dough is smooth and elastic, 6 to 8 minutes. Shape dough into a ball. Place in a lightly greased bowl, turning once to grease surface. Cover; let rise in warm place till double, 1½ hours. Punch down. Cover; let rest 10 minutes. Shape into one large loaf or two smaller loaves. Place in one greased 9x5x3-inch loaf pan or two 8x4x2-inch loaf pans. Cover; let rise till double. Bake in 350° oven for 45 minutes or till done. Makes 1 large loaf or 2 small loaves.

PERSIMMON PUDDING

1 cup granulated sugar
1 cup all-purpose flour
1 teaspoon baking soda
1 cup mashed persimmon (about 5 persimmons)
½ cup milk
1 tablespoon shortening, melted

• • •

1½ cups sifted powdered sugar
½ cup butter *or* margarine, softened
2 teaspoons vanilla

In a mixing bowl combine granulated sugar, flour, baking soda, and ¼ teaspoon *salt*. Combine persimmon, milk, and melted shortening. Stir into dry ingredients. Pour batter into a greased 9-inch quiche dish or pie plate. Place dish in a large shallow pan. Set pan on oven rack. Pour boiling water into pan to a depth of ½ inch. Bake in a 350° oven for 1 to 1¼ hours, adding more water, if needed. Remove quiche dish to wire rack; cool slightly to serve warm or cool completely and refrigerate to serve cold.

Meanwhile, in a small mixer bowl cream together the powdered sugar and butter or margarine till fluffy. Beat in vanilla. Serve wedges of pudding with a scoop of topper. Sprinkle each serving with nutmeg, if desired. Makes 6 to 8 servings.

continued





juice- or liquor-soaked cheesecloth. Then wrap in foil. Chill; store 2 days before slicing. Makes 2 loaves.

BLACKBERRY CAKE

2 cups granulated sugar
1 cup butter *or* margarine
4 eggs
4¾ cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
1 cup buttermilk
1 teaspoon vanilla
2 cups fresh *or* frozen unsweetened blackberries

MAID OF HONOR CUPCAKES

1 8-ounce can crushed pineapple
1 cup all-purpose flour
1 teaspoon sugar
½ teaspoon salt
⅓ cup shortening

• • •

¼ cup sugar
2 tablespoons shortening
1 egg
⅔ cup all-purpose flour
1 teaspoon baking powder
Dash salt

Drain pineapple, reserving syrup. Set fruit aside. In a bowl stir together the 1 cup flour, 1 teaspoon sugar, and ½ teaspoon salt. Cut in the ⅓ cup shortening till mixture is the size of small peas. Stir in *¼ cup* of the pineapple syrup till mixture forms a ball. Add water to remaining syrup to make ¼ cup; set aside. Set aside *one-fourth* of the pastry. Press remaining pastry on bottom and halfway up sides of twelve 2½-inch muffin cups.

In mixer bowl cream together the remaining sugar and shortening. Beat in egg. Stir together the remaining ⅔ cup flour, the baking powder, and dash salt. Stir into creamed mixture alternately with pineapple syrup-water mixture. Place 2 teaspoons of the drained pineapple in each muffin cup. Fill each with a rounded tablespoon of batter. Roll reserved pastry to a 6x4-inch rectangle. Cut into twenty-four 2x½-inch strips. Crisscross two strips atop each muffin. Bake in a 350° oven for 20 minutes. Serve warm. Makes 12.

continued



continued

Old-fashioned cooking

CHRISTMAS CAKE

1 cup butter *or* margarine, softened
1 cup packed brown sugar
9 eggs
2¼ cups all-purpose flour
1 teaspoon ground cinnamon
⅓ cup orange juice, brandy, *or* rum

• • •

2 cups currants
2 cups raisins
⅔ cup chopped candied citron
⅔ cup chopped candied orange peel
⅓ cup red candied cherries, halved
4 ounces whole blanched almonds
Orange juice, brandy, *or* rum

In large mixer bowl cream together butter or margarine and sugar till fluffy. Add eggs, one at a time, beating well after each. Stir together flour and cinnamon. Add alternately to creamed mixture with the ⅓ cup orange juice, beating well after each addition. In large bowl stir together currants, raisins, citron, orange peel, cherries, and almonds; fold into batter. Turn into two greased and floured 8x4x2-inch loaf pans. Bake in 300° oven for 1¼ to 1½ hours or till done. Cool 10 minutes before removing from pans. Cool completely on wire rack. Wrap in orange

1½ cups sifted powdered sugar
1 tablespoon milk

In mixer bowl cream together granulated sugar and butter or margarine. Add eggs, one at a time, beating well after each. Stir together flour, baking powder, baking soda, and salt. Combine buttermilk and vanilla. Add dry ingredients and buttermilk alternately to creamed mixture, beating after each addition. Fold in berries. Spread batter into a greased and floured 10-inch fluted tube pan. Bake in 350° oven for 1¼ hours. Cool 10 minutes in pan. Invert on wire rack; remove pan. Cool completely. Combine powdered sugar and enough milk to make of drizzling consistency. Frost cake.





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Indoor S'mores

⅔ cup KARO® Light Corn Syrup
2 tablespoons margarine or butter
1 package (11½ ounces) NESTLE® Real Milk Chocolate Morsels
1 teaspoon vanilla
1 package (10 ounces) GOLDEN GRAHAMS® Cereal (about 8 cups)
3 cups miniature marshmallows

Butter baking pan, 13x9x2 inches. Heat corn syrup, margarine and real milk chocolate morsels just to boiling in 3-quart saucepan, stirring constantly; remove from heat. Stir in vanilla. Pour over cereal in large mixing bowl; toss quickly until completely coated with chocolate. Fold in marshmallows, 1 cup at a time. Press mixture evenly in pan with buttered back of spoon. Let stand until firm, at least 1 hour. Cut into about 1½-inch squares. 48 squares.



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continued

Old-fashioned cooking

NUT SNACKS

½ cup butter *or* margarine
½ cup granulated sugar
2 egg yolks
1 teaspoon vanilla
1½ cups all-purpose flour
1 cup packed brown sugar
½ cup flaked coconut
2 egg whites
½ cup chopped walnuts
¼ cup maraschino cherries, drained and cut up

Cream together butter and granulated sugar. Beat in yolks and vanilla. Stir in flour. Pat mixture into an ungreased 9x9x2-inch baking pan. Combine brown sugar, coconut, and egg whites. Stir in walnuts and cherries. Spread over crust. Bake at 350° for 30 to 35 minutes. Cool. Cut into diamonds or squares. Makes 24.

Marion and Sam Gore's Recipes

FRIED PIES

8 ounces dried apples *or* peaches, finely chopped
3 cups water
½ cup granulated sugar
3 cups all-purpose flour
1 cup shortening *or* lard
½ cup cold water
Shortening

In a saucepan combine apples or peaches with the 3 cups water. Cover; simmer 1½ to 1¾ hours or till mixture forms a thick paste. Stir in granulated sugar; set aside. Stir together flour and 1½ teaspoons *salt*. Cut in 1 cup shortening or lard till mixture resembles the size of small peas. Sprinkle cold water, 1 tablespoon at a time, over some of the flour mixture. Toss with fork; push to side of bowl. Repeat till all is moistened. Form into ball. Roll dough, half at a time, on floured surface ⅛-inch thick; cut each half into six 6-inch circles. Reroll dough, if necessary. (It may be necessary to let dough stand a few minutes before rerolling.) Place about 2 tablespoons of the filling on half of each circle; moisten edges. Fold over in half-moon shape; seal edges with fingers or tines of fork. In a heavy skillet (preferably cast iron) heat ⅛- to ¼-inch shortening to 375°. Fry pies, a few at a time, 3 to 4 minutes per side. Drain well on paper toweling. Sprinkle with powdered sugar, if desired. Serve warm or cool. Store, covered, at room temperature. Makes 12.

GARDEN SALAD

3 cups torn mustard *or* turnip greens
2 cups torn kale
½ cup sliced radishes
¼ cup sliced green onion with tops
2 hard-cooked eggs, chopped
1 recipe Red-eye Dressing for Garden Salad (see recipe below)

In serving bowl combine mustard or turnip greens, kale, radishes, green onion, and egg slices. Prepare Red-eye Dressing for Garden Salad; set aside crumbled ham. Pour gravy over greens in bowl, tossing till greens are well-coated. Sprinkle with ham. Serves 4 or 5.

RED-EYE GRAVY

The name red-eye comes from red-eye-like beads of meat drippings that form when the water is added to them. Red-eye gravy is made from the residue left in the skillet after country or salt-cured ham has been fried. Do not trim the fat from the ham as some fat will be needed to make the gravy. The crusty bits that give the gravy its color and flavor will come from the lean of the ham and will stick to the skillet—

3 slices Home-cured Ham (see recipe following) *or* country ham, cut ⅛ to ¼ inch thick
½ cup water *or* coffee

In a large heavy skillet (preferably cast iron) cook ham about 4 to 5 minutes per side or till well done. Remove ham to warm platter; keep warm. Add water to hot skillet quickly, being careful to avoid splattering. Cook, scraping pan to remove crusty bits, till mixture boils vigorously. Continue cooking about 3 minutes more or till mixture is reduced by half to form red-eye gravy. Serve gravy with ham over biscuits, grits, or rice, if desired. Makes ⅓ cup.

Red-eye Dressing for Garden Salad: Cut ham slices very thin, about 1/16 inch thick or less. Prepare gravy as above *except* cook ham till crisp enough to crumble. With fingers protected with paper towels, crumble ham. Pour hot dressing over greens; toss and serve.

HOME-CURED HAM

Curing temperature for ham (50° to 55°) is very important—if the temperature is too low, the ham won't cure properly; if the temperature is too high, the meat will spoil. An extra refrigerator is a good place to maintain a constant temperature. Set the refrigerator to maintain a constant 50° to 55°. If you do not have refrigerator space, a cool room that stays at this temperature will work. You'll need 50 to 75 pounds of salt.

In flavor and texture, Home-cured Ham is unlike the ham you buy in supermarkets. Expect Home-cured Ham to be saltier than store-bought.

(To buy, rather than make your own salt-cured ham, see page 226.)

1 10- to 16-pound fresh bone-in leg of pork *or* 1 4½- to 5-pound boneless pork shoulder roast
Canning salt *or* pickling salt

Remove as much of the rind and fat from the surface of the meat as possible. Rub the entire surface of the meat with salt. (For leg of pork, work some of the salt into the surface next to the bone by pushing salt down along side of leg bone. It may be necessary to loosen meat from bone with a knife.)

In plastic dishpan place meat on a nonmetal rack or inverted saucer. (For leg of pork, shank end of roast should be slanted down.) Cover meat liberally with salt. This will take about 15 pounds of salt. Refrigerate or store at 50° to 55° for 24 to 36 hours, occasionally lifting wet salt from bottom and allowing dry salt to run to bottom. When salt seems evenly wet, rinse meat with cold water, discarding wet salt and any juices that have drained off. Pat meat dry with paper toweling. Rub the entire surface of meat with a second coating of salt. (For leg of pork, push salt along side of bone.) Place on rack in dishpan. Cover liberally with 10 to 15 pounds more salt. Cure by storing meat, uncovered, at 50° to 55°. It will be necessary to repeat rinsing ham and changing salt every 2 to 3 days during the first 1½ weeks of curing, but only about every 6 to 7 days for the remaining curing time. Turn ham over occasionally (arranging meaty end higher than shank bone, if using leg of pork). Total curing time should be *6 to 8 weeks* for *leg of pork* and *5 to 6 weeks* for *pork shoulder*. The meat is

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continued

Old-fashioned cooking

cured when salt stays dry and meat feels moderately firm when pressed.

Remove meat from salt; discard salt. Rub entire surface of meat lightly with fresh salt. Wrap in clean brown paper bag. Store in refrigerator. Before cooking, place ham in a large kettle or roaster of water. Soak in refrigerator 24 hours, changing water 2 or 3 times.

To cook a whole or large portion of the ham: Place skin side up, in a large kettle or roaster. Cover with water. Bring to boiling; reduce heat and simmer gently 20 to 25 minutes *per pound.* Slice and serve.

Or, cover; chill. To reheat ham bake, uncovered, in a large roasting pan at 325° for 20 minutes *per pound.*

To fry ham slices: Slice ham about ¼ inch thick. Rinse excess salt from slices. (If a less salty ham is desired, cover the slices with water and soak in the refrigerator 2 to 3 hours. Drain slices and pat dry with paper toweling.) Cook ham slices in a skillet with a small amount of *cooking oil* or *fat from ham trimmings* over low heat about 10 minutes per side.

FRIED QUAIL WITH SAWMILL GRAVY

⅔ cup all-purpose flour
8 ready-to-cook quail (6 to 8 ounces each) *or* 1 2½- to 3-pound broiler-fryer chicken, cut up
Shortening *or* lard for frying
¾ teaspoon salt
¼ teaspoon pepper
¾ cup milk
¾ cup water
Hot cooked parsleyed rice

In a paper or plastic bag combine *⅓ cup* of the flour, 1½ teaspoons *salt*, and ⅛ teaspoon *pepper*. Add quail or chicken pieces, two at a time; shake well to coat. In a deep 12-inch skillet heat ½ inch fat to 375°. Add quail or chicken pieces. Fry, uncovered, in hot fat on one side about 4 minutes for quail (5 minutes for chicken) or till browned. Turn pieces. Cover skillet; cook 3 to 4 minutes for quail (4 to 5 minutes for chicken) or till second side is browned. Uncover; turn once more.

continued



Crepe Shapes

We gave the crepe an exquisite new shape. And then, of course, created a delicate filling made especially fine with the freshness of KRAFT Sharp Natural Cheddar Cheese and creamy KRAFT Real Mayonnaise. Paired for a luncheon or as individual appetizers, our shapely crepes are surely a tasteful selection.

FLORENTINE CREPE CUPS

3 eggs, slightly beaten
2/3 cup flour
1/2 teaspoon salt
1 cup milk

* * *

1-1/2 cups (6 ozs.) shredded KRAFT Sharp Natural Cheddar Cheese
3 tablespoons flour
3 eggs, slightly beaten
2/3 cup KRAFT Real Mayonnaise
10-oz. pkg. frozen chopped spinach, thawed, drained
4-oz. can mushrooms, drained
6 crisply cooked bacon slices, crumbled
1/2 teaspoon salt
Dash of pepper

Combine eggs, flour, salt and milk; beat until smooth. Let stand 30 minutes. For twelve crepes, pour 2 tablespoons batter into hot lightly greased 8-inch skillet. Cook on one side only, until underside is lightly browned.

Toss cheese with flour, add remaining ingredients; mix well. Fit crepes into greased muffin pan; fill with cheese mixture. Bake at 350°, 40 minutes or until set. Garnish with bacon curls, if desired. 6 servings



continued

Old-fashioned cooking

Cook about 2 to 3 minutes more for quail (5 minutes for chicken) or till pieces are crisp. Remove pieces to platter; keep warm. Drain fat, reserving ¼ cup. Return reserved fat to skillet; stir in remaining flour, salt, and pepper. Cook and stir flour-fat mixture over medium heat about 8 minutes or till mixture has a rich *dark brown* color. Combine milk and water; add all at once to flour mixture. Cook and stir quickly till thickened and bubbly. Season to taste with salt and pepper. Arrange birds atop bed of rice. Serve with gravy. Makes 4 servings.

BUTTERMILK BISCUITS

2 tablespoons lard
2 cups self-rising flour
1 cup buttermilk

In mixing bowl cut lard into flour till mixture resembles coarse crumbs. Make a well in the center; add buttermilk all at once. Stir quickly, just till dough follows fork around the bowl. Pinch off pieces of dough slightly larger than a golf ball. Form each into a smooth ball. Place on a greased baking sheet. Press to flatten tops. Bake in a 450° oven 12 to 15 minutes. Makes 15.

DILL GREEN PEPPERS

12 medium sweet green peppers
5 tiny hot green peppers, about 1 inch long
5 cloves garlic
5 small heads fresh dill *or* 1¼ teaspoons dried dillweed
Alum
5 cups water
3 cups vinegar
¼ cup salt

Thoroughly wash peppers. Remove tops and seeds; cut into 1½-inch squares. Arrange in 5 hot clean wide-mouth pint jars, leaving 1-inch headspace. Place one hot pepper, one clove garlic, a small head dill or *¼ teaspoon* dried dillweed, and *¼ teaspoon* alum, in each jar. In saucepan bring water, vinegar, and salt to boiling; simmer 5 minutes. Cover peppers with boiling mixture, leaving ½-inch headspace. Adjust lids. Process in boiling water bath 10 minutes. (Start timing after water boils.) Makes 5 pints.

PICKLED BANANA PEPPERS

When ready to use peppers, open jar and remove 2 tablespoons of the vinegar solution. Add 2 tablespoons cooking oil; cover. Refrigerate overnight—

2 pounds banana peppers
7 cups water
⅓ cup salt
1½ cups vinegar
4 teaspoons dried basil
1 tablespoon dried oregano
5 or 6 cloves garlic

Slice peppers in half lengthwise. Rinse and discard seeds as well as any interior pulp. Combine *4 cups* of the water and the salt. In a large bowl cover peppers with the salt solution. Let stand overnight. Drain; rinse well.

In a large saucepan combine the 3 cups water, vinegar, basil, and oregano. Bring to boiling; simmer, uncovered, 10 minutes. Pack peppers in clean hot half-pint jars, leaving ½-inch headspace. Add a clove of garlic



to each jar. Pour hot vinegar solution over peppers, stirring solution to keep herbs evenly distributed. Leave ½-inch headspace in each jar. Adjust lids; process in boiling water bath 10 minutes. (Start timing after water returns to boiling.) Makes 5 or 6 pints.

PICKLED BEETS

4 pounds whole medium beets
2 cups sugar
2 cups water
2 cups vinegar
2 tablespoons mixed pickling spices

Wash beets, leaving on root and 1 inch of tops. Cover beets with boiling water; simmer, covered, 25 minutes. Drain. Slip off skins; trim beets and cut in quarters. In a large kettle combine sugar, water, and vinegar. Tie pickling spices in a cheesecloth bag. Add bag to kettle. Bring to boiling; add beets. Simmer 10 minutes. Pack hot beets into clean hot pint jars, leaving ½-inch headspace. Cover beets with pickling liquid, leaving ½-inch headspace. Adjust lids. Process in boiling water bath 30 minutes. (Start timing after water boils.) Makes 3 pints.

LIME CUCUMBER PICKLES

2 pounds whole small cucumbers
8 cups water
¾ cup pickling lime
2 teaspoons mixed pickling spices
2¼ cups sugar
3 cups vinegar

Thoroughly wash cucumbers and cut into slices. (You should have about 8 cups.) In a large bowl mix water and pickling lime well. Add cucumber slices. Let stand 24 hours, stirring occasionally. Drain slices; cover with fresh cold water. Replace water after 4 hours. Repeat 3 or 4 times more. Drain.

Tie pickling spices in a cheesecloth bag. In a large saucepan combine sugar and spice bag. Stir in vinegar. Bring to boiling; simmer 5 minutes. Pour boiling mixture over cucumbers. Let stand overnight. Drain, reserving brine.

In large saucepan bring brine to boiling. Pack cucumber slices in hot clean half-pint jars, leaving ½-inch headspace. Pour boiling mixture over slices, leaving ½-inch headspace. Adjust lids. Process in boiling water bath 10 minutes. (Start timing after water returns to boiling.) Makes 7 half-pints.

DILL CUCUMBER STICKS

2½ pounds 4-inch cucumbers
11 cups water
¼ cup salt
4 hot red *or* green peppers
1 large clove garlic, quartered
4 small heads fresh dill *or* 2 teaspoons dried dillweed
1¼ cups white vinegar

Wash cucumbers; cut into eighths. Place in a large bowl. Combine *8 cups* of the water and the salt. Pour over cucumbers. Let stand 24 hours. Drain well; pat dry with paper toweling. Pack in clean pint jars. Add a hot pepper, a quarter of the garlic clove, and a small head of fresh dill or ½ *teaspoon* of dried dillweed to each jar.

In a large saucepan combine remaining water and vinegar. Bring to boiling; simmer 5 minutes. Pour over cucumbers, leaving ½-inch headspace. Adjust lids. Process in boiling water bath 10 minutes. (Start timing after water comes to boiling.) Makes 4 pints.





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MARSHMALLOW CREME MERINGUE

3 egg whites
Dash of salt
1 cup Kraft marshmallow creme

Beat egg whites and salt until soft peaks form. Gradually add marshmallow creme, beating until stiff peaks form. Spread over pie filling, sealing to edge of crust. Bake at 350°, 12 to 15 minutes or until lightly browned. Cool.

If you're looking for other recipe ideas, send for our free marshmallow creme recipe booklet. Write to: Kraft Marshmallow Creme Recipes, P.O. Box 371, Chicago, Illinois 60677. Allow four to six weeks for delivery. Offer good while supplies last.



KRAFT

Look for Kraft marshmallow creme in the baking or toppings section of your supermarket.

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File under Casseroles and one-dish meals

Buying information, page 226

POT ROASTS

Chili Bean Pot Roast

Any chili-bean gravy left over from this first-class pot roast can be served over rice—

½ cup chopped onion
2 tablespoons cooking oil
3 tablespoons all-purpose flour
1 2½- to 3-pound beef pot roast
1 16-ounce can kidney beans, drained
1 8-ounce can tomatoes, cut up
⅓ cup dry red wine
1 4-ounce can green chili peppers, drained, seeded, and chopped
2 tablespoons all-purpose flour
2 tablespoons cold water
Flour tortillas
Dairy sour cream
Shredded cheddar cheese
Pitted ripe olives

In a 4-quart Dutch oven cook onion in hot oil till tender. Combine the 3 tablespoons flour, 1 teaspoon *salt,* and ⅛ teaspoon *pepper;* coat roast with mixture. Brown meat in onion-oil mixture; add beans, *undrained* tomatoes, wine, and chilies. Cover; simmer about 2 hours or till tender. Remove meat to platter; keep warm. Skim fat from pan juices. Mash vegetables slightly. Combine the 2 tablespoons flour and water; stir into juices. Cook and stir till thickened and bubbly. Pass gravy with meat. Serve with tortillas, sour cream, shredded cheese, and olives. Makes 4 to 6 servings.

Edie Hugo, Avalon, Calif.



File under Pastry and pies

HARVEST PIES

Glazed Grape Custard Pie

You make the filling for this top-rated pie with vanilla ice cream—

1 envelope unflavored gelatin
1¼ cups white grape juice
2 tablespoons cognac *or* brandy
1 pint vanilla ice cream
1 9-inch baked pastry shell, cooled
1 cup red grapes, halved and seeded
¼ cup grape jelly
1 teaspoon cognac *or* brandy

In small saucepan combine gelatin and grape juice; heat and stir till gelatin is dissolved. Stir in the 2 tablespoons cognac or brandy; add ice cream, a tablespoon at a time, stirring till melted. Chill till partially set. Turn mixture into baked pastry shell; chill till firm, several hours or overnight. Arrange grape halves atop pie. In small saucepan combine jelly and the 1 teaspoon cognac or brandy; heat and stir just till jelly is melted. Spoon over grapes; chill pie till serving time.

Mrs. William Strieber, Crofton, Md.



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Apricot Mincemeat Pie

1 9-ounce package *condensed* mincemeat, crumbled
⅔ cup snipped dried apricots
⅓ cup packed brown sugar
1 tablespoon lemon juice
2 small tart apples, peeled, cored, and thinly sliced (1½ cups)
½ cup chopped pecans
Pastry for 2-crust 9-inch pie
1 tablespoon butter *or* margarine
1 egg yolk

In a saucepan combine mincemeat, apricots, and sugar. Stir in 2¼ cups *water* and lemon juice. Bring to boiling; reduce heat and simmer, uncovered, 15 minutes, stirring occasionally. Cool 15 minutes. Stir in apple slices and nuts. Roll out *half* of the pastry and line a 9-inch pie plate. Turn filling into crust. Dot with the butter or margarine. Roll out remaining pastry; cut slits. Place atop filling; trim and flute edges. Beat together yolk and 1 tablespoon *water;* brush over crust. Cover edge with foil. Bake in 375° oven 25 minutes; uncover and bake 20 minutes more. Cool.

Mrs. John McCarroll, Waco, Tex.



Peachy Plum Pie

Pastry for two-crust 9-inch pie
4 cups frozen loose pack sliced peaches, thawed and drained, *or* 1 29-ounce can peach slices, drained
1 16-ounce can whole unpitted purple plums, drained, pitted, and cut up
¾ cup sugar
½ cup raisins
⅓ cup coarsely chopped walnuts
3 tablespoons cornstarch
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 tablespoon butter *or* margarine
1 teaspoon sugar

Roll out *half* the pastry and line a 9-inch pie plate; trim edge. Combine drained fruit, the ¾ cup sugar, raisins, nuts, cornstarch, spices, and a dash *salt.* Turn into pastry shell; dot with butter or margarine. Roll out remaining pastry. Cut in ½-inch strips and weave in a lattice design over filling; seal and flute edge. Sprinkle with remaining sugar. Cover edge with foil; bake in 375° oven 20 minutes. Remove foil; bake 20 to 25 minutes more. Cool.

Gail Green, Skokie, Ill.



Orange 'n Spice Pot Roast

Orange juice, tomatoes, and spices lend a rich, sweet flavor to the meat—

Sprinkle one 3½- to 4-pound *beef chuck pot roast* with 2 tablespoons *lemon juice* and 1 teaspoon *salt.* In a 12-inch oven-going skillet cook 3 slices *bacon* till crisp. Remove from pan; crumble and set aside. Brown the meat in bacon drippings. In a medium bowl combine one 8-ounce can *stewed tomatoes,* cut up, 1 cup *orange juice,* ⅔ cup chopped *onion,* ¼ cup snipped *parsley,* 1 teaspoon *sugar,* ½ teaspoon *ground cinnamon,* 1 clove *garlic,* minced, 4 whole *cloves,* 1 small *bay leaf,* and crumbled bacon. Pour over meat. Bake, covered, in a 325° oven for 2 to 2½ hours, or till meat is tender. Remove meat and vegetables to platter; keep warm. Remove cloves and bay leaf from pan juices; skim off fat. Blend 2 tablespoons *all-purpose flour* into ¼ cup *cold water;* stir into pan juices. Cook and stir till thickened and bubbly. Pass gravy with meat. Makes 6 to 8 servings.

Mrs. Ghita Carter, Houston, Tex.



Hearty Apple-topped Pot Roast

This makes a flavorful brown gravy—

In a 4-quart Dutch oven brown one 3½- to 4-pound *rolled beef rump roast* in 2 tablespoons *cooking oil;* drain off excess fat. Sprinkle *half* of one envelope (3 tablespoons) *dry onion soup mix* and 1 teaspoon *dried rosemary,* crushed, over meat; add ½ cup *water.* Cover; bake in a 325° oven for 2 to 2½ hours, or till nearly tender. Drain meat; reserving juices. Core and slice 1 *cooking apple;* place slices atop meat. Combine ¼ cup packed *brown sugar, half* of a 6-ounce can (⅓ cup) *frozen orange juice concentrate,* thawed, ¼ cup *red currant jelly,* 1 tablespoon *prepared mustard,* and ½ teaspoon *ground cinnamon;* spoon mixture over meat. Bake, uncovered, 20 to 30 minutes longer. Remove meat to platter; keep warm. Skim fat from pan juices; measure juices and add *water* to make 2 cups. Blend 2 tablespoons *cornstarch* and 2 tablespoons *cold water;* stir into reserved juices. Cook and stir till thickened and bubbly. Pass gravy with meat. Makes 10 to 12 servings.

Mrs. Ted Mayes, Concordia, Mo.

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1.



Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.

2.



Using wire whisk, blend in Cool Whip® non-dairy whipped topping; then whip until smooth.

3.



Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 3 hours. Garnish, if desired.

Light 'n Fruity Pie

1 package (3 oz.) JELL-O® Brand Gelatin, any flavor
⅔ cup boiling water
2 cups ice cubes
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
Fruit (optional)*
1 packaged graham cracker crust

*Suggested Fruits:
1 cup fresh raspberries or blueberries
1 cup diced orange sections, fresh strawberries, or banana
1 can (8¾ oz.) apricots or sliced peaches, drained and diced
1 can (8¼ oz.) crushed pineapple, drained
1 can (8¾ oz.) fruit cocktail, drained



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THESE PEOPLE KNOW FOOD

Phyllo Pastries

FROM AN OLD-FASHIONED GREEK BAKERY

By Nancy Byal

"It takes two people, working ten hours a day, six days a week, to make enough of our phyllo [pronounced fee-low] by hand to satisfy all our customers," says John Fable. "That's a lot of time and effort, but homemade phyllo is the backbone of our business."

The business John is referring to is The Poseidon Confectionery, a Greek bakery that he and his brother Andy operate on Manhattan's Ninth Avenue. The Poseidon is a rarity—it's one of the few places where phyllo dough is still hand-stretched to the tissue-paper-thin sheets that are the basis for so many different Mediterranean and European pastries.

The Fable brothers make and sell their baked goods with as much dedication as their immigrant grandfather Demetrios Anagnostou did when he first opened the shop in 1922. Today, more than 750,000 pounds of handmade dough later, John proudly says, "There are places that make phyllo by machine, but Poseidon phyllo is special. Ours develops a golden color you never get with machine-made phyllo. You can bend and rough ours up without breaking it."

Poseidon phyllo starts out as a very basic dough—simply flour, salt, and water. (Some recipes include eggs and/or oil.) But where the phyllo develops its unique character is in the stretching process. With amazing agility and speed, two, sometimes three, people stretch the dough to six-foot-square sheets, so thin you can see through them yet free of a single tear or flaw. Each sheet is cut into smaller pieces which then can be layered or shaped with a variety of fillings.

With the help of Poseidon recipes and tips, we came up with a version of Poseidon phyllo that you can make at home. You'll discover it's surprisingly easy and fun to do when family or friends pitch in. Why bother with making your own phyllo? For the same reason the Fable brothers still do it themselves—to create fantastic pastries that can't be duplicated.

continued



Photographs: Helms



▲ *Poseidon specialties include* (front plate) ***Trigona*** *(Almond Triangles),* ***Afali*** *(Pistachio Rings),* ***Saragli*** *(Almond and Walnut Logs);* (back plate) ***Galactoburiko*** *(Custard-filled Diamonds),* ***Lekvar*** *(Prune-Nut Logs),* ***Spanokopitas*** *(Spinach Pies); and* ***Baklava*** *(Honey-Nut Pastries).*

◀ *The Poseidon retains the charm of the close-knit family that runs it. Brothers John* (right) *and Andy* (back left) *now spearhead the business. Their parents Michael* (back center) *and Menina* (front left)*, Andy's wife Lili* (front center)*, and on occasion, Andy's three sons also participate.*

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Phyllo Pastries

continued

THE PHYLLO-MAKING PHENOMENON

Making phyllo is much like making strudel—you pull the dough underneath with your arms and the backs of your hands till it's tissue-paper thin. We photographed the process as the pros theatrically stretched the dough; follow along as John describes the step-by-step action.

Each ball of dough is first rolled out to pizza size, then allowed to rest. "Knowing when the dough can be stretched—that's the secret to perfect phyllo. When you pull out an edge of the rolled dough and it stays there (doesn't pop back), it's ready."

The stretching process proceeds as one person turns and enlarges the piece of dough, using both arms to achieve the right shape and size *(Picture 1)*. With precision, he next tosses the dough onto a cloth-lined table so that it lands as a giant bubble *(Picture 2)*. The dough is quickly pulled from the center out and is stretched till the edges of dough overhang the edges of the table *(Picture 3)*. One person hand-trims the dough, wrapping the excess dough around his wrist like a bandage as he moves around the table. No phyllo goes to waste. These trimmings, called "work phyllo," are used in the pastries *(Picture 4)*. Finally, the phyllo is cut into manageable rectangles *(Picture 5)*, dusted very lightly with cornstarch, and covered with another cloth to keep the phyllo moist and pliable. And all this is achieved in a matter of minutes!

You can use our simplified adaptation of hand-stretched phyllo or commercial phyllo in any of the Poseidon pastry recipes. You'll find commercial phyllo at specialty bakeries such as Poseidon as well as in the freezer section of some large supermarkets, delicatessans, and gourmet food shops (particularly those specializing in Middle Eastern foods). Phyllo may be labeled under such alternate spellings as phylo, filo, or fillo.

Recipes begin on page 163.



Picture 1



Picture 2



Picture 3



Picture 4



Picture 5

Deliciously different!



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When you've got a can of cling peaches and some Fleischmann's Yeast on hand, you're always ready to bake someone happy.

PEACHES 'N CRUMB CAKE (Makes 1 cake)

- 1¾ cups unsifted flour
- ¼ cup sugar
- ½ teaspoon salt
- 1 package Fleischmann's® Active Dry Yeast
- 2 tablespoons Fleischmann's® Margarine, softened
- ½ cup very hot tap water (120°F-130°F)
- 1 egg (at room temperature)
- ¼ cup firmly packed light brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons Fleischmann's® Margarine
- 1 can (16 oz.) cling peach slices, drained
- Confectioners' sugar frosting

Combine ½ cup flour, sugar, salt and undissolved yeast. Add 2 tablespoons softened margarine and hot tap water to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and ½ cup flour. Beat on high speed 2 minutes. Stir in ½ cup flour to make a stiff batter. Spread in greased 9-inch square pan.

Combine remaining ¼ cup flour, brown sugar, cinnamon and nutmeg; cut in 2 tablespoons margarine until crumbly. Sprinkle over cake. Arrange peach slices on top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake at 400°F. 25 minutes, or until done. Cool in pan 10 minutes; remove and cool on wire rack. Drizzle with confectioners' sugar frosting.

ontinued

Phyllo pastries

HYLLO ADDENDA

Commercial phyllo comes in various zes. Two common sizes are 17x13- and 7x12-inch rectangles. To use these sizes, mply cut the sheets in half crosswise.

Store phyllo tightly wrapped. You can ep it in the refrigerator for 3 or 4 days. For nger storage, freeze it.

To use, cover phyllo sheets with a damp wel and remove only what you need.

OMEMADE PHYLLO

s you become more adept at making hyllo, divide the dough in fourths instead f thirds and pull each to a 3-foot square. ou'll have thinner sheets and less waste—

to 6¾ cups all-purpose flour
teaspoons salt
¼ cups warm water (110° to 115°)
ooking oil
ornstarch

In large mixing bowl stir together *6 cups* f the flour and the salt. Add water and stir o make a dough. Turn out onto *unfloured* neading surface. With oiled hands, knead n enough of the remaining flour to make a noderately soft dough. Continue kneading to 10 minutes or till smooth and satiny. Divide dough in thirds; shape into balls. Cover with damp towel; let rest at room emperature 50 to 60 minutes or till dough s no longer elastic. (Pull a small piece of ough out from the ball; if it stays where it's ulled and doesn't rebound, the dough is eady.) Cover a worktable that's about 3 eet square with a clean sheet or cloth; dust he surface lightly with flour. Roll one portion of the dough at a time to a 15-inch quare. Cover the dough and let it rest a few ninutes if the dough resists rolling. (Keep he remaining portions of dough covered till eady to roll.) Cover the square of dough with a dry towel. Let rest 15 to 20 minutes till dough is no longer elastic.

Starting from the center of the square, *arefully* work underneath the dough, using he backs of your hands and forearms to gently stretch the dough, till *paper-thin.* The dough should be the size of the table. Pull the edges of the dough over the edges of he table. With a sharp knife trim edges to make a 3-foot square of dough. Dust dough ightly with cornstarch. With a sharp knife, cut dough into twelve 12x9-inch rectangles. Stack sheets, dusting with cornstarch between each sheet. Wrap in foil, clear plastic wrap, or freezer paper; refrigerate up to 4 days or freeze. Repeat with remaining dough. Makes 36 sheets (about 2 pounds).

HONEY-LEMON SYRUP

This syrup is used to make Afali, Galactouriko, Saragli, Trigona, and Baklava—

3 cups sugar
½ cup honey
1 teaspoon finely shredded lemon peel
3 tablespoons lemon juice
2 inches stick cinnamon

In a saucepan combine all ingredients and 2 cups *water.* Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Remove cinnamon. Makes 4 cups.

AFALI
(Pistachio Rings)

If you like, stir a few drops of green food coloring into the pistachio topping—

8 12x9-inch sheets Homemade Phyllo (see recipe at left) or 16 12x9-inch sheets commercial phyllo
½ cup butter *or* margarine, melted
12 ounces shelled pistachio nuts, ground (2¼ cups)
⅓ cup sugar
½ teaspoon ground cinnamon
1 cup Honey-Lemon Syrup (see recipe above)

For Homemade Phyllo: Cut one sheet of phyllo in half diagonally. Place 1 triangle of phyllo with the 12-inch side facing you and the 9-inch side to your right. Brush with some of the butter or margarine; crush or tear a second triangle atop. Fill and shape rings as directed below. Repeat with remaining phyllo triangles to make 8 rings total.

For commercial phyllo: Cut 2 sheets of phyllo in half diagonally. Stack 3 triangles with the 12-inch sides facing you and the 9-inch sides to your right, brushing some of the butter between layers and on top. Crush or tear a fourth triangle on top. Fill and shape as directed below. Repeat with remaining phyllo triangles. (If commercial phyllo is a different size, cut triangles to the 12x9-inch dimensions and use remaining scraps in place of the crumbled triangles.)

In bowl combine pistachio nuts, sugar, and cinnamon. Remove about ¾ cup of nut mixture for topping. Stir *1 tablespoon* of the Honey-Lemon Syrup into topping mixture; set aside. For each ring, sprinkle 1 triangle stack with about *2 tablespoons* of the original nut mixture (see drawing, page 165). Fold lower left corner over to within ½ inch of the 9-inch side. Brush with butter; sprinkle with *1 tablespoon* more nut mixture. Roll up jelly-roll fashion, starting from the edge nearest you. Brush with more butter. Bring ends of roll together to form a tightly closed horseshoe. Repeat with remaining triangles. Place pastries in a single layer in a greased 8x8x2-inch baking pan. Bake in a 375° oven for 25 to 30 minutes. Place pan on a wire rack. Spoon some of reserved nut mixture into center of each

continued





HOT DIGGITY HOT DISH.

1 package (7 ounce) CREAMETTES® macaroni (2 cups uncooked)
1 package (1 pound) OSCAR MAYER® wieners or franks
PAM® Pure Vegetable Cooking Spray
1 cup shredded carrots
½ cup chopped onion
¼ cup chopped green pepper
1 can (10¾ ounces) cream of celery soup
1 cup (8 ounces) sour cream
½ teaspoon dill weed

Cook CREAMETTES macaroni according to package directions. Drain. Cut six OSCAR MAYER wieners or franks into one inch pieces, leaving four remaining whole. Spray 2 quart casserole with PAM. Combine macaroni, wiener pieces and remaining ingredients in casserole. Bake uncovered in 350°F oven for 25 minutes. Top with whole wieners; bake 15 minutes more. Makes 4 to 6 servings.



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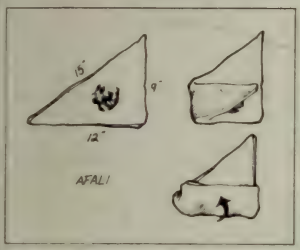
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continued

Phyllo pastries



ring. Slowly pour *hot* Honey-Lemon Syrup over hot pastries. Cool in pan. Makes 8.

TRIGONA
(Almond-filled Triangles)
¾ cup water
2 tablespoons almond paste
1 pound almonds, finely ground
1 cup sugar
½ teaspoon ground cinnamon
¼ teaspoon baking powder
1 beaten egg
1½ cups butter *or* margarine, melted
30 12x9-inch sheets Homemade Phyllo (see recipe page 163) *or* 60 12x9-inch sheets commercial phyllo
3 cups Honey-Lemon Syrup (see recipe page 163)

In a bowl blend water into almond paste with a rotary beater. In second bowl stir together ground almonds, sugar, cinnamon, and baking powder; stir in almond paste mixture and egg. Mix well.

For each pastry, brush one 12x9-inch sheet of Homemade Phyllo with butter or margarine. (If using commercial phyllo, stack 2 sheets of phyllo, brushing each with butter.) Fold in half lengthwise. Place *1 rounded tablespoon* of the nut filling in the center, about 1 inch from the top of one end of phyllo. Fold 1 corner over filling to opposite edge, making a triangle. Continue folding, as you would a flag, keeping triangular shape with each fold and brushing with butter as needed. Repeat with remaining phyllo and filling to make 30 triangles. Place triangles in 2 greased 13x9x2-inch baking pans and brush with more butter. Do not stack triangles in pan. Bake in a 375° oven for 40 to 45 minutes or till golden brown. Pour off any excess butter. Place baking pan on a wire rack. Pour the *hot* Honey-Lemon Syrup over hot pastries in pan. Cool in pan. Makes 30 pastries.

SARAGLI
(Almond and Walnut Logs)
12 ounces almonds, finely ground
4 ounces walnuts, finely ground
¼ cup sugar
1 teaspoon ground cinnamon
18 12x9-inch sheets Homemade Phyllo (see recipe page 163) *or* commercial phyllo
½ to ¾ cup butter *or* margarine, melted
1 recipe Lemon-Honey Syrup, cooled (see recipe page 163)

Combine nuts, sugar, and cinnamon. For each roll, place 1 sheet of phyllo with 12-inch side facing you (see drawing, page 166). Generously brush phyllo with butter or margarine. Place a second sheet atop the first. Brush well with butter. Cut a third sheet in half; crumble *one half* atop open sheets. Sprinkle with *¼ cup* of the nut mixture. Fold in short sides of phyllo 1½ inches toward center. Brush with butter. Top with *¼ cup* more nuts. Roll up, jelly-roll fashion, forming a 9-inch-long roll. Repeat with remaining phyllo, making 7 rolls total and crumbling 1 sheet of phyllo for every 2 rolls (you'll have a half sheet left over).

Place rolls, seam side down, in a greased 13x9x2-inch baking pan. Score each roll crosswise into 3 pieces. Bake in 375° oven for 35 to 40 minutes or till golden. Place pan

continued

Presenting the GE toaster that broils and bakes.



Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters . . . and the pan pops right into the dishwasher for easy cleaning.

It's a great oven.

The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for.



The GE Toast 'N Broil Toast-R-Oven® toaster.

Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. And used together with your big oven, it lets you cook different dishes at different temperatures. Its thermostat controls the temperature from 200° to 500° F.

It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.

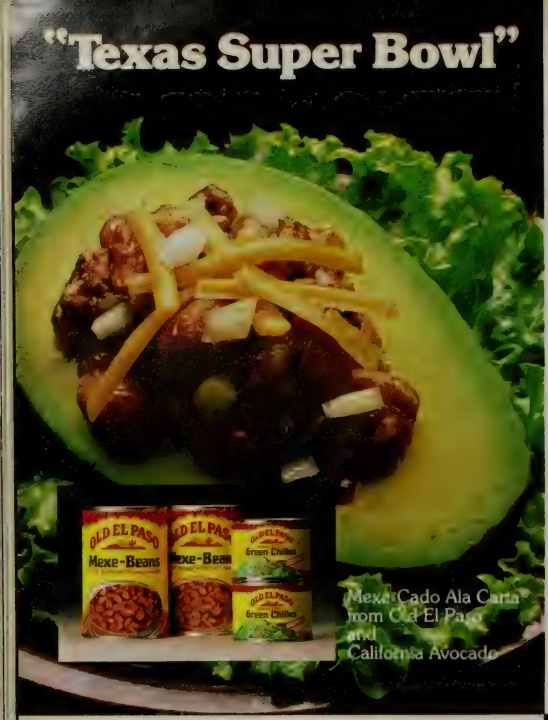


GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

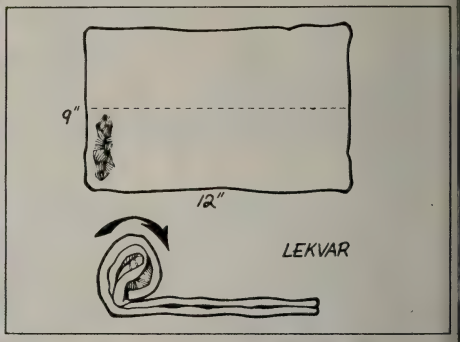
Whichever model you choose, once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

GENERAL ELECTRIC



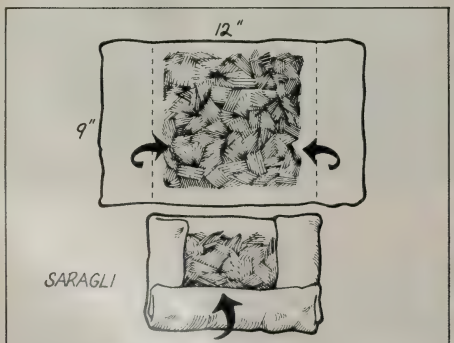
½ cup butter *or* margarine, melted
1 12-ounce can prune cake and pastry filling
½ cup finely chopped walnuts

For each roll, brush 1 sheet of Homemade Phyllo with some of the butter or margarine (for commercial phyllo, stack 2 sheets, brushing both sheets with some of the butter). Fold the single sheet or 2-sheet stack in half lengthwise. Brush with butter again. Spoon about *2 tablespoons* of the prune filling at one narrow end of phyllo, leaving ½ inch at each edge. Sprinkle with *1 tablespoon* of the nuts. Roll up, jelly-roll fashion; seal rolled seam. Repeat with remaining phyllo, butter, filling, and nuts to make 8 rolls total. Place, seam side down, in a greased 13x9x2-inch baking pan. Do not stack in pan. Brush rolls with remaining butter. Bake in a 400° oven for 15



continued

Phyllo pastries



on a wire rack. Cut rolls again. Pour *cooled* Lemon-Honey Syrup over hot pastries in pan. Cool. Makes 21 pastries.

LEKVAR
(Prune-Nut Logs)
8 12x9-inch sheets Homemade Phyllo (see recipe page 163) *or* 16 12x9-inch sheets commercial phyllo





buttered sheet about 1 inch from the top of one end of phyllo. Fold 1 corner over filling to opposite edge, forming a triangle atop phyllo. Continue folding, as you would a flag, making a total of 5 folds and keeping the triangular shape with each fold. Brush with butter as needed. Repeat with remaining phyllo and spinach mixture, making 24 triangles total. Place triangles in prepared pans; brush with butter. Do not stack triangles. Bake in a 350° oven for 50 to 55 minutes, brushing with butter occasionally. Serve hot. Makes 24.

GALACTOBURIKO
(Custard-filled Diamonds)

½ cup ready-to-cook wheat cereal (farina)
½ cup sugar
⅓ cup all-purpose flour
4 beaten eggs
2 teaspoons vanilla
4 cups milk
⅔ cup sugar
½ cup butter *or* margarine, melted
½ to ¾ cup butter *or* margarine, melted
10 12x9-inch sheets Homemade Phyllo (see recipe page 163) *or* commercial phyllo
½ recipe Honey-Lemon Syrup, cooled (see recipe page 163)

In bowl stir together the wheat cereal, the ½ cup sugar, and the flour. Add eggs and vanilla; mix well. In saucepan combine the milk and the ⅔ cup sugar; bring to boiling, stirring occasionally. Gradually add about *1 cup* of the hot milk mixture to the egg mixture, stirring well. Return all to milk mixture in saucepan; cook and stir till bubbly. Remove from heat; blend in the first ½ cup butter or margarine. Cool.

Brush the bottom of a 13x9x2-inch baking dish with some of the

continued

to 20 minutes. Cool in pan on wire rack. Slice each roll in half crosswise. Sprinkle with powdered sugar, if desired. Makes 16.

SPANAKOPITA
(Spinach Pies)

2 pounds fresh spinach, cleaned, drained, and chopped
3 tablespoons olive oil *or* cooking oil
1 cup finely chopped onion
1 cup finely chopped leeks
¼ cup butter *or* margarine
8 ounces feta cheese, crumbled
¾ cup grated parmesan cheese
⅓ cup finely snipped parsley
1 tablespoon finely chopped fresh dill *or* 1 teaspoon dried dillweed
2 eggs
1 egg yolk
1 cup butter *or* margarine, melted
24 12x9-inch sheets Homemade Phyllo (see recipe page 163) *or* 48 12x9-inch sheets commercial phyllo

In a large Dutch oven cook spinach in hot oil till wilted, stirring occasionally. Remove from Dutch oven; drain. In same pan cook onion and leeks in the ¼ cup butter or margarine till tender but not brown. Stir together onion mixture, feta cheese, parmesan cheese, parsley, and dill. Beat eggs and egg yolk together; blend into onion mixture along with spinach.

Brush two 13x9x2-inch baking pans with some of the melted butter. For each pie, brush 1 sheet of Homemade Phyllo with butter; fold in half lengthwise. Brush surface with butter again. (If using commercial phyllo, stack 2 sheets of phyllo, brushing each with butter. Then fold in half lengthwise and brush surface with butter.) Place about *¼ cup* of the spinach mixture in the center of

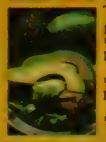
"Recipes Olé!"
from Old El Paso and California Avocado



MEXE-CADO ALA CARTA*

1 pound ground beef
½ cup chopped onion
1 can (15 oz.) **Old El Paso Mexe-Beans**
½ cup ketchup
⅓ cup Old El Paso Chopped Green Chilies
2 California Avocados, peeled, halved
1 cup grated Cheddar cheese

Brown ground beef with onion; drain fat. Stir in Mexe Beans, ketchup and Chopped Green Chilies. Simmer, covered, 15 minutes. Spoon over avocado halves. Garnish with additional chopped onion. Serves 4.



TAQUITOS CARNE

1 pound ground beef
½ cup chopped onion
1 envelope **Old El Paso Taco Seasoning Mix**
¾ cup water
1 can (11 oz.) **Old El Paso Corn Tortillas**
½ cup salad oil
Shredded lettuce

AVOCADO SAUCE

2 California Avocados, diced
¼ cup chopped onion
⅓ cup Old El Paso Chopped Green Chilies
2 tbsp. lemon juice
½ tsp. garlic powder

Combine ingredients in blender jar. Puree smooth. Serve over taquitos.

Brown ground beef with onion; drain fat. Stir in Taco Seasoning Mix and ¼ cup water. Simmer 10 minutes. Dip tortillas in hot oil; fry till limp. Drain. Spoon 2 tablespoons beef mixture into center of each tortilla, fold over and secure with toothpick. Fry on all sides in hot oil till golden, removing toothpick as tortilla becomes firm. Drain on paper towels. Serve on lettuce, topped with Avocado Sauce. Garnish with avocado crescent. Makes 10 to 12 taquitos.



TOSTADA GRANDE*

2 California avocados, mashed
1 tbsp. lime juice
1 tbsp. thinly sliced green onion
¼ cup dairy sour cream
¼ cup **Old El Paso Mild Taco Sauce**
½ tsp. salt
1 tsp. cooking oil
1 can (16 oz.) **Old El Paso Refried Beans**
½ cup shredded Cheddar cheese
6 **Old El Paso Tostada Shells**
3 cups shredded lettuce
1 cup chopped tomato
6 slices avocado

Combine avocado, lime juice, onion, sour cream, taco sauce, and salt; chill. Heat Refried Beans in oil; stir in cheese till melted. On heated tostada shells spread beans, then lettuce, tomatoes. Spoon avocado dressing over each. Top with avocado slice. Serves 6.



OLD EL PASO

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continued

Phyllo pastries



melted butter or margarine. Overlap 2 sheets of phyllo in the bottom of the dish so that about half the length of the sheets extends over the *right* side of the dish; brush each sheet with melted butter before adding the next. Repeat with 2 more sheets of phyllo, extending them over the *left* side of the dish. Place a fifth sheet of phyllo over the bottom of the dish, covering all other sheets. Spoon in cooled custard, spreading evenly. Cover custard by folding over the extended sheets of phyllo, brushing the top of each one with butter after folding. Top with the remaining 5 sheets of phyllo, brushing with butter between each layer. With a sharp knife, score top in diamond-shaped pieces. Bake in a 375° oven for 45 to 50 minutes or till golden. Place dish on wire rack. Pour *cooled* Lemon-Honey Syrup over diamonds. Do not cover. Let stand until syrup is nearly absorbed. Serve warm or chilled. Makes 12 to 18 servings.

BAKLAVA
(Honey-Nut Pastries)

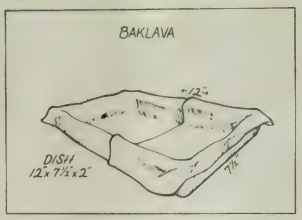
Storing the Baklava overnight helps blend the flavors—

1 pound blanched almonds, very finely chopped (3⅔ cups)
1 cup sugar
1 tablespoon ground cinnamon
1 to 1¼ cups butter *or* margarine, melted
24 12x9-inch sheets Homemade Phyllo (see recipe page 163) *or* commercial phyllo

• • •

½ recipe Honey-Lemon Syrup, cooled (see recipe page 163)

In bowl stir together the almonds, sugar, and cinnamon. Brush the bottom of a 12x7½x2-inch baking dish with some of the butter or margarine. Place 2 sheets of phyllo crosswise in baking dish, overlapping each sheet in the center and allowing the remaining 3 sides to lap over the edges of the dish. Brush with melted butter. Repeat 3 times more. Sprinkle with ½ to ⅔ cup nut mixture. Place 2 phyllo sheets on top of nuts lengthwise in center of pan, brushing with butter between layers. Sprinkle with ½ to ⅔ cup nut mixture. Repeat the 2 phyllo sheets and nut layers 4 times more. Fold overlapping edges of phyllo into the dish. Top with 6 more phyllo sheets, brushing with butter between sheets. Tuck edges down the insides of the dish. With a sharp knife carefully cut the dish of Baklava lengthwise into 5 equal strips. Gently score the strips diagonally crosswise into small diamond-shaped pieces. Bake in a 350° oven for 50 to 55 minutes or till golden. Place pan on a wire rack. Pour *cooled* Honey-Lemon Syrup over mixture in pan. Cool completely. Finish cutting pieces into diamonds. Let stand overnight before serving. Makes about 30 pieces.



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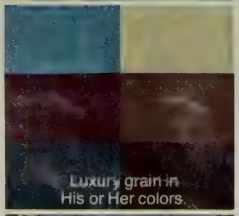


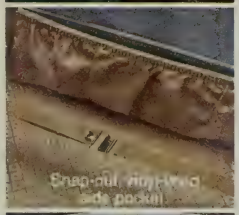
















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Samsonite's got your bag.

Rediscovering the Old Wild West in Texas





BY
GEORGE BUSH

Western Texas is a timeless domain: In this wide land of desert mountains and tumbleweed plains, of freshet lakes and Spanish-name rivers, our old frontier optimism remains very much part of life. Cowboys still wrangle cattle, roustabouts drill for oil, gun racks adorn pickup cabs, Saturday night is for carousing and Sunday for praying, and the ever-near wilderness is almost as wild as it ever was.

Vacationing here is particularly pleasant in the fall, when warm but not hot temperatures prevail. And a family can enjoy old-time adventures that are hard to find elsewhere. On these pages, we give you a sampling.



Yesterday's vistas are still yours to enjoy in western Texas. In the hills, longhorns still fatten on the scrub. At Johnson City, historic homesteads are maintained with loving care, and near El Paso, covered wagons still head out into the wild.

FORT WORTH: WHERE THE WEST BEGINS

It's less than 40 miles on the freeway from cosmopolitan Dallas to Fort Worth, but on this short ride you leave the East behind. Fort Worth got its rowdy start on the Chisholm Trail, the movie-honored route of the great cattle drives of the last century, and to this day prides itself on being a cow town. At its immense stockyards, cattle auctions are held Monday through Thursday the year-round, rodeos remain the favorite family entertainment, and even the city's museum complex, called the "acropolis of the Southwest," is most famous for its cowboy art.

To witness an auction, go to the Stockyards Exchange, three miles north from downtown, off North Main. You can sit on indoor amphitheater bleachers right alongside cattle buyers and listen to the hypnotic singsong of the auctioneer working up the bids. Just be sure to tuck your hands in your pockets, lest you end up owning a half ton of beef on the hoof.

Behind the Exchange, a catwalk bridging a maze of corrals provides your grandstand for yet another exciting show, as the cowpokes separate the cattle and maneuver them through gangways toward the auction arena. It's a scene of harsh sunlight and shadow, with appropriate background "music" provided by lowing and grunting cattle and shouting and cursing wranglers.

The stockyard area takes you back in time other ways as well. Canopied wooden sidewalks and false-fronted buildings frame the streets for several blocks around North Main and Exchange Avenue. And this is not a reconstruction, but the real thing. Every second door opens into a tavern where visiting ranchers and itinerant wranglers swap Texas-tall tales. The most famous tavern is the White Elephant Saloon, the scene of many long-ago shootouts and reputedly Teddy Roosevelt's watering hole when he scoured these parts to recruit his Rough Riders for the Spanish-American War.

Also in this neighborhood is the factory-*cum*-store of Ryon's Saddle and Ranch Supplies, a renowned Western-wear and ranch-gear emporium, whose fancy cowboy boots are high-fashion in Fort Worth. A large section of Ryon's store floor is given over to hand-tooled saddles, some even trimmed in silver. You'll recognize Ryon's by the bright red sculpture of a horse that rides high over the establishment's door.

And every Saturday night at eight, September 28-November 23 and March 1-May 12, there's big-time rodeo (seats, $4 to $6) at the nearby Cowtown Coliseum. (Before the show, you can eat at the reasonably priced Old Spaghetti Warehouse nearby, which occupies the ornate Victorian edifice that formerly served as headquarters of Swift & Co.)

Even more fun is the intimate Kow Bell Rodeo in Mansfield, 15 miles south of Fort Worth, off US-287. This rodeo is a family affair and always opens with a grand parade of local ranchers and their wives and kids circling the arena on horseback. Many of the youngsters then participate in the actual show: girls and boys in all age groups compete for calf-riding and barrel-race prizes between the rodeo's championship events and clown numbers. The Kow Bell is held every Saturday night throughout the year, at

continued

Photographs: George Bush

Rediscovering the Old Wild West in Texas



Kow Bell Rodeo at Mansfield is a family adventure, with paraders of all ages.



Riders escort a loaded wagon to Fort Misery, a favorite border-country outing.

8:30 during daylight-saving months and at 8 other months ($3; under 12, $1.50; box seats, $4.50).

On Wednesdays in July and August, you can leave your children, ages eight to 18, at the Kow Bell Ranch complex from 9 a.m. to 5 p.m. for a day of professional instruction in riding and roping, plus hayrides, fishing, and games. The $12.50 charge includes chuck-wagon lunch.

Other Fort Worth attractions:

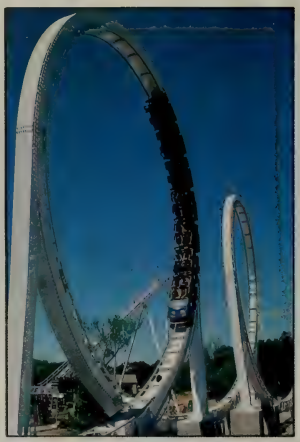
The Log Cabin Village of pioneer homes, with furnishings and implements dating back to the mid-19th century (8 a.m. to 4:30 p.m., 40 cents).

The Kimbell Art Museum, whose collection ranges from the prehistoric to Picasso, and the Fort Worth Art Center, with American modern.

The Amon Carter Museum of Western Art, alive with realistic paintings and bronze castings by Frederick Remington and Charles Russell, those masters of cowboy art who were actually there when it all happened.

(The art museums, which are grouped at the Will Rogers Memorial Center near downtown, are open Tuesday through Saturday from 10 a.m. to 5 p.m., Sunday 1 p.m. to 5 p.m., and admission is free. There's also an excellent Museum of Science and History.)

The Zoo, which may be reached by car, or better yet, by riding a miniature railroad through the city's parklands along the Trinity River. Must-see attractions are the African veldt, with more beasts than you are likely to see on the Dark Continent these days, and a truly outstanding reptile house (the most exciting times to see the reptiles are Tuesday afternoons and Wednesday mornings, when the voracious denizens are fed). The Zoo is open 9 a.m. to 5:30 p.m. daily, until 6 p.m. in spring and summer ($1; under 12, free).



Six Flags Over Texas offers futuristic thrills. Here you pull upside-down G s.

The Botanic Gardens, on whose 114 acres something is always in bloom. Within the Gardens, which are open around the clock, there is a Japanese Garden with tranquil trails flanked by pagodas and Oriental statuary, and high-arched bridges spanning lagoons speckled with colorful Mandarin ducks. This section is open 10 a.m. to 4 p.m. Tuesday through Friday, to 5 p.m. on Saturday, and from 1 p.m. to 5 p.m. on Sunday ($1; under 12, free).

Six Flags Over Texas for modern entertainment, including its new double-loop "Shock Wave" ride. The park, between Fort Worth and Dallas at Arlington, is open weekends from Labor Day through Thanksgiving and from late March into mid-May, and daily in summer ($9.25).

FORT MISERY: TEXAS UNDER THE STARS

Approaching El Paso at the western edge of Texas, the Butterfield stages of the 1850s clattered along in the shelter of red and yellow cliffs that rise like bastions from the sand dunes and the mesquite. You can relive this frontier adventure, minus the possibility of attack by Indians or bandits, on a unique overnight ride that traces part of the Butterfield route to reconstructed Fort Misery. The adobe outpost is realistic right down to its roughhewn beams, leather hinges, and built-into-the-cliff officers' quarters; only the bathrooms are reasonably up to date.

After the long ride out, you chow-line for a filling chuck-wagon steak dinner and hunker down to it around a campfire pit. There's country music and cowpoke coffee, and later, under the stars, guest-against-guest fast-draw contests (heavy six-shooters are loaded with blanks). For bedding down, you may choose either outdoors or the bunkhouse. Either place, you'll hear the soughing desert wind and probably a coyote or two howling its midnight serenade.

Eggs and bacon are sizzled up at dawn's first light, and then you mount your horse again, or climb aboard the hay wagon for the six-mile return journey to Indian Cliffs Ranch, where you started from. The whole expedition takes about 18 hours, from early afternoon until midmorning. You're not encouraged to bring along preschool kids, but if your youngsters are old enough to sit on a horse and savvy enough to heed the luckily rare buzz of a rattler, there are no undue hazards. Even if you are city folk, you'll soon feel at ease—the wagon master, drivers, and wranglers really know their business.

The Fort Misery overnights are held almost nightly in summer, and nearly every Saturday the rest of the year, provided there are at least 15 customers. Price, with dinner and breakfast, is $35; under 12, $25.50. Bring sleeping bags, or rent bedrolls for $2.

continued

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ONLY 5 MG TAR

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Satisfaction with ultra-low tar.

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Rediscovering the Old Wild West in Texas



Crisp desert nights are made for campfires and companionable sing-alongs.

Indian Cliffs Ranch, which also boasts a top-notch steakhouse, is about 35 miles from downtown El Paso. You drive east on I-10, and turn north at Fabens, toward the cliffs. Reservations and a deposit are required. Write to the Ranch at P.O. Box 1056, Department BH, Fabens, Texas 79838, or phone 915/544-3200.

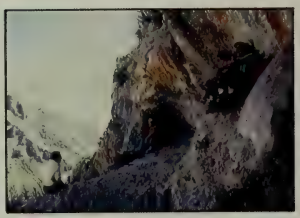
GUADALUPE MOUNTAINS: THE SURPRISING PEAKS WEST OF THE PECOS

Stagecoach travelers were about halfway across the Texas desert when, far in the distance, they saw a glowing escarpment looming over the flat horizon. The sheer 3,000-foot battlement is El Capitan, the prow of the Guadalupe Mountains. Because El Capitan was an unmistakable signpost in the vastness of the inhospitable wastes, it was used to signal the rendezvous point of the stages from St. Louis and the Butterfields from San Francisco.

Today, these isolated primeval mountains are our newest national park. There are no lodges here, no scenic drives, no campgrounds with hookups. You can explore this exciting preserve only on foot.

Fossils, flora, and fauna

And exciting it is. The Guadalupes are not truly mountains but rather the world's largest exposed fossil reef, a relic from eons past when the shallow Permian Sea washed over this part of the continent. Rising to 8,750 feet, the highest point in Texas, the Guadalupes hold yet more wonders than the many prehistoric creatures embedded in their limestone. The sudden difference in elevation produces a drastic change in climate, so that the flora and fauna of the desert and the north woods flourish here side by side. Cactus grows next to Douglas fir, mesquite rubs branches with maple. Wildlife is no less diverse: peregrine falcons and golden eagles, mule deer and elk, diamondbacks and wild turkeys, black bear and mountain lions.





The Guadalupes are great for hiking up high *(top)*. On guest-ranch pack trips down in the plains, dudes may try their luck on horses or bump along in wagons.

Rugged though the Guadalupes are, you don't have to be an experienced outdoor family to enjoy this ecological wonderland. For instance, exploring McKittrick Canyon, the most scenic and fossil-rich of the park's deep valleys, involves only a nine-mile round trip that almost anyone can manage. The McKittrick Trail, following the Canyon's stream bed, is fairly level much of the way and doesn't get into steep serpentines until you are nearly at the box end of the Canyon. And, of course, you can always turn back when the going gets too tough.

Another fine day hike, six miles all told, takes you through Pine Springs Canyon to the "Devil's Hallway," a narrow gap between cliffs. Rangers guide interpretive walks into the Canyon several times a week in summer.



Streams meander through the Texas Hill Country and allow safe tubing trips.

Overnights in the park's interior are not advisable for wilderness novices. But for experienced backpackers, there are more than 35 additional miles of backcountry trails to explore. Camping is permitted at designated sites only, and you have to take along water.

Trail maps and brochures are available at park headquarters, an unpretentious clapboard structure off US-62/180 near Pine Springs, about 55 miles southwest of Carlsbad, New Mexico, and 110 miles northeast of El Paso. Except for a primitive "dry" campground, there are no accommodations at Pine Springs. The nearest tourist facilities are at Whites City, a complex of motels, restaurants, campsites, and stores that serves Carlsbad Caverns, 28 miles northeast on US-62/180. For park information, write Guadalupe Mountains National Park, 3225 El Paso Road, Carlsbad, New Mexico 88220.

THE HILL COUNTRY: DEEP IN THE HEART OF TEXAS

Just west of I-35, which bisects the state in an almost straight line from Fort Worth down to Laredo, on the Mexican border, rise the Texas Hills, a region ideally suited to the modest ranching the homesteaders had in mind. Streams ripple through lush valleys, the skylines sparkle with wildflowers in the spring, and unlike the plateaus farther west, the land here was verdant so a homesteader didn't need hundreds of acres to nourish a herd.

Among the settlers who raised Texas longhorns here and farmed the low-lying meadows were "Big Sam" and Eliza Johnson, the paternal grandparents of LBJ. Their 1867 homestead is now part of the Lyndon B. Johnson National Historic Site. Regardless of your political persuasion, you'll find

continued

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Mix ¾ oz. lemon or lime juice, 1½ oz. Leroux Blackberry Flavored Brandy, 1 tsp. sugar. Shake, strain, garnish with orange slice, cherry.

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Rediscovering the Old Wild West in Texas



Visitors sight-see LBJ's ancestral farm on the Pedernales the old-fashioned way.





Palo Duro's cliffs drop abruptly from the Panhandle plains *(top)*. On the prairie nearby, you can see vast feedlots.



Sad Monkey Railroad runs trips through Amarillo's exciting Palo Duro Canyon.

the homestead a uniquely delightful spot for delving into the Texas past.

A visit to the homestead will be especially pleasurable if you're lucky enough to be shown around the farm by the nation's oldest park ranger, 73-year-old Ava Cox, LBJ's cousin. She has lived here all her life and has lots of gossipy stories to tell about everybody from Big Sam to little LBJ.

You can walk to the farmstead, or better yet, ride on a wagon from LBJ's boyhood home across from the visitors center in Johnson City, 50 miles north of San Antonio and 40 miles west of Austin. The homestead and boyhood home are open 9 a.m. to 5 p.m. daily.

At Stonewall, another 17 miles west of Johnson City on US-290, is the LBJ State Historical Park proper, where you can visit yet another interesting homestead, the Sauer-Beckmann Farm, which is also staffed with knowledgeable guides. They demonstrate all sorts of pioneer skills, not the least of which is old-fashioned cooking.

From the visitors center at Stonewall, Park Service buses leave regularly between 10 a.m. and 4:30 p.m. daily on tours that pass the LBJ Ranch (The Texas White House), still the home of Lady Bird Johnson. You'll visit the cottage where the late President was born, the Johnson family cemetery, and the one-room Junction School, where Rebecca Baines Johnson dispatched her son well before school age so he wouldn't wander off to play on the hazardous banks of the Pedernales River. All admission and tours are free.

While plenty of motels can be found in Johnson City, you may prefer to headquarter in nearby Fredericksburg. This colorful German farm community was founded in 1846, when settlers made their own treaty with the Comanches and lived happily ever after, enjoying their beer, sauerbraten, and songfests. Numerous festivals throughout the year keep the old German traditions alive.

For longer stays, you can't go wrong at the Lazy Hills Guest Ranch at Ingram, off I-10 about 60 miles from San Antonio and 40 miles from the LBJ site. The Ranch, which is strictly designed for family vacationing, offers horseback riding, fishing, swimming, and cookouts for $28 a day, including meals, per adult (double occupancy), plus $5 to $17 per child (depending on age) under 12. Weekly rates run $171.50 per adult and $35 to $119 for children. For information and reservations, write Lazy Hills Ranch, Box BH, Ingram, Texas 78025.

THE PANHANDLE: FORGOTTEN CORNER OF THE LONE STAR STATE

Legend has it that God didn't get around to the Panhandle until the Saturday of the week of creation. When the sun began to set, he hadn't quite finished—mountains, trees, meadows were still missing. But God was tired by that time. "I guess," He mused, "I'll just quickly make some folks who like this darn place the way it is, and take tomorrow off."

Indeed, Panhandle dwellers are a special breed. Of all Americans, they are still closest to the frontier, pitting brains and brawn against an environment that refuses to be tamed. They must cope with blizzards in winter, often torrid heat in summer, violent storms in spring. There is nothing cozy about this harsh, flat land, and conventionally pretty views are scarce.

But the Panhandle is far from dismal. Precisely because of its endless sweep of rugged, broken plains, it has a majestic splendor that will awe you.

Base yourself in Amarillo, whose handful of high-rises seems an apparition on the prairies. You'll find any number of motels along I-40. Then set out to explore the West Panfield Field, a subterranean trap 125 miles long and 50 miles wide, that has been one of the world's most productive oil and gas reservoirs since Ben Masterson sank a gusher here in 1918. Luckily it still is, and you'll see pumps pumping away all through this rolling region.

Start your excursion north on State-136. After about 30 miles turn left on Alibates Road to the Alibates National Monument in Bates Canyon. The presence of Alibates flint, a hard rock used by Indians for tools, was one reason geologists were convinced that there were hydrocarbons around. You are not allowed to collect the flint on the ranger-guided walks that leave the Information Station at 10 a.m. and 2 p.m. daily Memorial Day through Labor Day (other seasons by appointment). But later, at any of the canyons you cross outside the preserve, you can prospect for random chunks of

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Rediscovering the Old Wild West in Texas



Burros to Boquillas await tourists on the Mexican bank of Rio Grande's Big Bend.



You can float the Rio Grande, changing countries with every paddle-stroke. In this view, Old Mexico is on the left.



Trails, from tame to rugged, traverse the mountains of Big Bend National Park.

this many-colored mineral, which, when ground and polished, makes the Panhandle's favorite decorative tie clasp. For off-season tours, write Lake Meredith National Recreation Area, Box 1438, Fritch, Texas 79036.

A grand canyon

Now for the big surprise—Texas' own Grand Canyon, the Palo Duro, a 1,200-foot-deep gorge carved into the plains by a fork of the Red River. You'll never suspect that it's there until you're right on top of it, and then a whole new world of arroyos, mesas, and verdant valleys opens at your feet.

Palo Duro Canyon, now a state park, was the scene of the last Indian battle a century ago, and the outdoor drama *Texas* depicts the Panhandle's history. It is performed nightly, except Sundays, in the park's Pioneer Amphitheater from mid-June to late August (seats $1.50 to $6). Park admission is free if you are attending the pageant; otherwise, you pay $2 per carload. The gate is open from 6 a.m. to 10 p.m.

Even in fall you can swim and fish in the Prairie Dog Town fork of the Red River, which winds through the 100-mile Palo Duro gorge, ride horseback ($5 per hour), take an eight-mile scenic drive, and take a trip on the Sad Monkey Railroad with the conductor delivering a folksy commentary on the Canyon's history and ecology. This ride operates daily in summer, on weekends otherwise, and costs $1.50; kids, 75 cents. You pay $2 for camping in Palo Duro (hookups extra).

Palo Duro lies 22 miles southeast of Amarillo, via I-27 and State-217. En route be sure to pause in the little city of Canyon and visit the Panhandle-Plains Historical Museum, one of the very best regional museums in the country (weekdays 9-5, Sunday 2-6, free). It's filled with Indian and frontier exhibits, and displays a fascinating map of the fabled trails that once cut through this wild country.

On the same trip, detour west at a Conoco Station, seven miles south of Amarillo on I-27. After a five-minute drive across the plains, you'll come upon one of the nation's largest feedlots, the Randall County Feedyard. Its hundreds of acres of cattle pens hold as many as 60,000 head at one time—the beef stretch literally to the horizon. If you ask at the office, you'll probably be permitted to drive out between the pens. In Amarillo itself, the country's biggest cattle auction is held Mondays and Tuesdays. The auction headquarters are out Third Street, a few minutes from downtown. As in Fort Worth, visitors are most welcome.

Some of the beef inevitably ends up on Amarillo tables. For Texas-size cuts go to the Big Texas Steak Ranch or the Country Barn, both east of town on I-40. And for a tasty Texas barbecue, there's Sutphen's, at 16th and Monroe.

BIG BEND: ADVENTURES ALONG THE STORIED RIO GRANDE

No other river on this continent has seen more drama played out upon its craggy banks than the Rio Grande. Sometimes as puny as a puddle, at other times rampaging in violent flood, this border stream has been crossed and recrossed by armies and raiders, smugglers and traders, vigilantes and "wetbacks"—Mexicans entering illegally to seek work on land that once, indeed, was theirs. And nowhere will you find more concentrated excitement—in scenery, history, and all kinds of outdoor adventures—than in this southwestern hook of Texas that's cupped by the Big River for some 450 miles between El Paso and Del Rio.

At the very tip of the hook sits Big Bend National Park, most remote of the Interior Department's preserves in the Lower 48. The Park lies more than 150 slow, mountainous miles from the nearest superhighway (I-10), and thus is never crowded. You might choose all-comforts vacationing at the Park's lovely Chisos Mountain Lodge (motel-type double doubles, $28 for two; each additional occupant, $4). However, the limited number of Lodge rooms makes it absolutely necessary to get advance reservations (write to National Park Concessions, Inc., Big Bend National Park, Texas 79834; or call 915/477-2291). Campers can settle into one of the improved campgrounds (at Rio Grande Village with hookups, showers, laundry, $5), or rough it in the marvelous cactus-studded backcountry that's never more than an arm's length away.

You can hike into precipitous canyons, over lofty ridges between jagged peaks, and through desert valleys that explode with color after rains. The hikes range from easy nature walks—sometimes with naturalist guides—to rigorous expeditions. This is dry country, so take along water canteens even if you only undertake the well-traveled two-milers into Boquillas and Santa Elena Canyons, two of the finest and most popular excursions in the Park. Sheer cliffs, more than 1,000

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Rediscovering the Old Wild West in Texas



On the Prude Ranch at Fort Davis, guests may help round up open-range cattle.



Bass abound in Lake Amistad near Del Rio, where the Rio Grande river was dammed. Out of Del Rio, you can also take boat trips to see pictographs in old Indian caves that once sat high up in the canyon walls but are now at water level.



Judge Bean's famed "courtroom" saloon stands near his grave at Del Rio Museum.

feet high, squeeze the Rio Grande in both Santa Elena and Boquillas, and you can walk right down into the clefts.

The least demanding hike into the high country is the Lost Mine Trail, five miles round trip. From Panther Pass Road you climb from 5,800 to 7,500 feet, onto a promontory that looks through the spectacular gap of the Chisos Mountains' "Window" to the desert hills beyond. For experienced backcountry trekkers, there are numerous primitive routes: Register your outing with the rangers and be sure to be properly provisioned and equipped.

Two particularly rewarding trails are accessible on horseback from the Chisos Remuda, in the basin below the Lodge. A 2½-hour ride ($10) takes you to the "Window," and there's an eight-hour expedition along the South Rim ridge of the Chisos Mountains ($25).

Rio rafting

You can also raft the canyons of the Rio Grande out of Terlingua, an honest-to-goodness ghost town on the edge of the Park where silver and mercury miners once blew their hard-earned wages on big benders and transient love. Far Flung Adventures now operates exciting trips along that legendary border between Mexican and U.S. cliffs. One-day river excursions through Colorado Canyon cost $32 per person, but these will only give you a taste of floating fun. Far better, come along on an overnight Santa Elena Canyon run ($80, including four meals) or one of the three-dayers ($120). Children under 12 are charged 75 percent of the adult rate. You must bring along your own sleeping bags and eating utensils, and make a $40 deposit to secure reservations. The choice river months are October and April. For the best wildlife viewing, go October through December. Write Far Flung Adventures, Box 31, Terlingua, Texas 79852, for trip schedule and reservations.

If rafting between two countries doesn't appeal to you, at least *cross* the Rio Grande by rowboat. This you can do at Boquillas, where a short Big Bend Park trail leads you down to the river flats. Here, at a desert crossing devoid of frontier guards and customs officials, a Mexican boatman will oar you across the river for a nominal tip. On the other side, you can board a burro that will bump you for a couple of miles across the desert to the nearest village. This is quite possibly the only border settlement along the Rio Grande that doesn't have a single tourist-trap souvenir shop. The whole adventure might cost you $10 for a family of four, if that much.

Line up your lodgings

Not surprisingly, tourist facilities are few and far between. Near the Big Bend Park boundary, the most up-to-date motel is The Cavalry Post in Lajitas, 40 miles from Park headquarters and 13 miles west of Terlingua on Ranch Road-170 (double, $25). More rustic, but with all necessary amenities, are the cottages at the Villa de la Mina at Terlingua ($15 to $30, depending on the number of guests). Both establishments have excellent Tex-Mex kitchens, and the food is reasonably priced. RV facilities also are available ($5).

Other goings-on

Although the Big Bend is remote from main traffic arteries, there's plenty to see and do coming and going. Little more than one hour's drive south of I-10 toward the Park is Fort Davis, now a National Historical Site.

A 74-mile loop drive through the Davis Mountains includes the Fort (near the intersection of State-17 and -118), as well as a fine state park (with camping facilities) and the McDonald Observatory, high up in the clean, crisp air of 6,792-foot Mount Locke. Guided one-hour tours of the Observatory are offered almost hourly on weekdays and on Sunday afternoons, and on the last Wednesday night of the month, you can peer through the 160-ton, 107-inch telescope, one of the world's most powerful. But the schedule changes, so it's wise to phone ahead for information: 915/426-3263. A cozy old-timey place to stay in these parts is Sutler's Boarding House and Restaurant, an 1880s establishment that has been resurrected (doubles cost about $25, and the average dinner is $4).

Farther south on State-118, about 20 miles beyond the little city of Alpine, you come upon the Woodward Ranch, a rock hound's paradise. That's because it's situated atop an ancient lava flow, chock-full of agates, quartzes, and even gem-quality opals. At the Ranch, you'll learn how to look for stones, and you'll pay 35 cents a pound for whatever you take out. You can camp here for free along a stream (with hookups, $3.50).

For details, maps, and further information about Texas vacations, write Texas, Department BH, Box 5064, Austin, Texas 78763.



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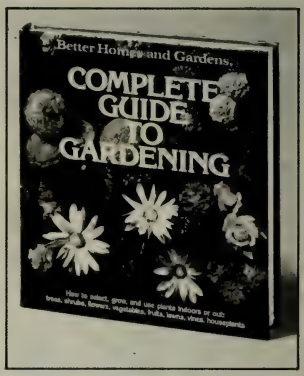
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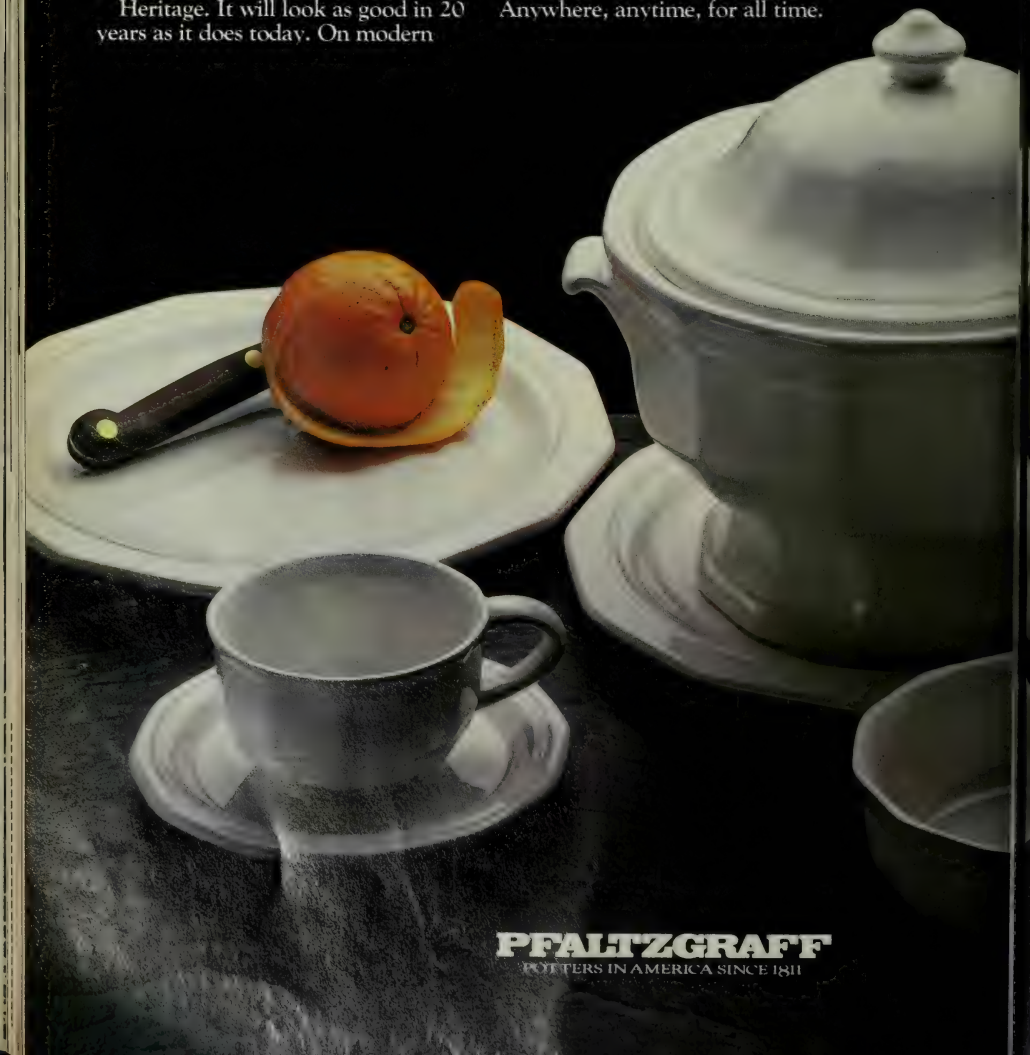
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Shortcut deep-dish pizza

Here's a quick homemade version of thick-crusted Sicilian pizza. Start with frozen bread dough and add any one of these Italian toppers.



Photograph: Dieter

SHORTCUT DEEP-DISH PIZZA

1 16-ounce loaf frozen bread dough, thawed
1 cup shredded mozzarella cheese (4 ounces)
1 recipe Mushroom, *or* Onion, *or* Tomato Topper
½ cup grated parmesan cheese

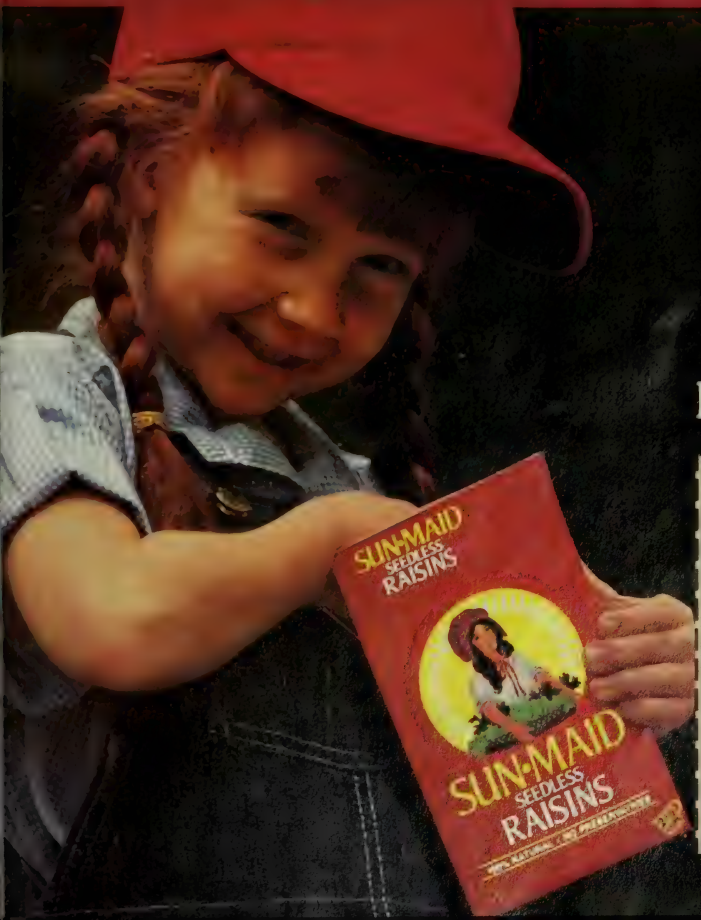
Let dough rise according to package directions. Punch dough down. Cover; let rest 5 minutes. On floured surface roll dough to a 14-inch circle. Let rest 5 minutes. Place in a greased 12-inch skillet with ovenproof handle, pushing dough 1 inch up side. Prick bottom and sides. Bake in 400° oven for 15 minutes or till lightly browned. Remove from oven. Sprinkle with mozzarella. Top with choice of toppers. Sprinkle with parmesan. Bake in 400° oven for 15 minutes more. Serves 6.

To make Mushroom Topper: Cook 12 ounces sliced *fresh mushrooms* (6 cups) and 1 clove *garlic*, minced, in 2 tablespoons *olive oil* about 3 minutes, stirring often. Stir in ¼ cup snipped *parsley* and 1½ teaspoons *salt*.

To make Onion Topper: Cook 2 cups chopped *onion*, in 2 tablespoons *olive oil* till just tender. Stir in 1½ teaspoons *salt*, ⅛ teaspoon *freshly ground pepper*, and 1 teaspoon *rosemary*, crushed.

To make Tomato Topper: Top pizza with 4 medium *tomatoes*, peeled, finely chopped, and drained. Drizzle with 1 tablespoon *olive oil;* sprinkle with 1 teaspoon dried *oregano*, crushed.

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Potato pointers

Chances are, potatoes play a major role in your meal plans. These tips can make buying, storing, and preparing the tasty tubers much easier.

Selecting and storing potatoes

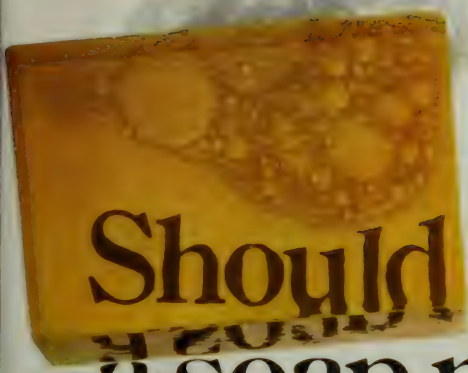
- If you are boiling potatoes, choose Red Pontiacs, White Roses, or Irish Cobblers. These red varieties have waxy interiors and hold their shape better during boiling.
- If you intend to bake potatoes, choose Cherokees or Russet Burbanks (commonly called Idaho potatoes because so many are grown in that state). When baked, the mealy interior of these potatoes fluffs easily with a fork.
- Look for sound, smooth potatoes with shallow eyes and few blemishes.
- Avoid potatoes with large cuts or green patches on the skin. The green areas taste bitter.
- Try to choose potatoes of approximately the same size so that they will cook in about the same time.
- Potatoes should be stored in a cool, dark, dry place (about 55 degrees).
- To freeze potatoes, cook them in their jackets. Cool the potatoes, then wrap in foil. Seal, label, and freeze.
- To renew potatoes that have been stored for some time, peel and cut them in quarters. Then boil them in a mixture of half milk and half water.

How many potatoes to buy

- Three medium-size baking potatoes weigh about one pound.
- For mashed potatoes, one pound of potatoes makes about four servings.
- For French-fried potatoes, one pound yields four to five servings.
- For potato salads, one pound of potatoes yields about two cups of cubes or slices.

Baking potatoes in less time

- To shorten baking time, cut potatoes in half lengthwise and place them, cut-side down, on a lightly greased baking sheet. Bake in a 425 degree oven for 35 minutes.
- Or, boil potatoes for five minutes in salted water. Cool slightly. Dry with paper towel; bake in a 425 degree oven for about 35 minutes or till tender.



Should you use a soap made for sensitive skin?

(Even if yours isn't)

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We believe you can't buy a finer soap for skin care than Neutrogena. And now you can find it in four formulas, adapted for different skin types. So whether you have a skin problem or just don't want one, give your skin the best care you can. Consider Neutrogena soaps, developed for sensitive skin. One of them is bound to be good for you.



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TRAVEL west

Fall color tours by rail

One of the best ways to enjoy the autumn color spectacle in the mountains of the West is to board a passenger train. Despite discussions about rail cutbacks, there's a variety of delightful weekend fall color runs from major metropolitan areas. All the following trains are equipped with sleeping cars (except the *Rio Grande Zephyr*), along with one or more dome cars for the best sightseeing, and they travel autumn color regions during daylight hours.

San Francisco to Reno. *The San Francisco Zephyr* spends most of the afternoon climbing the forested western slopes of the Sierras, and transits the same area in the morning on the return. You can leave San Francisco at noon, overnight in Reno, and return to San Francisco late the next day.

San Francisco to Portland. The northbound *Coast Starlight* crosses the Cascades between Klamath Falls and Eugene, Oregon, but you have to be an early riser (about 6 a.m.) to see the best of the scenery. A Friday evening departure from San Francisco will put you in Portland by early Saturday afternoon. Lay over 90 minutes and catch the southbound *Starlight* the same day or add a day in Portland and arrive in San Francisco Monday morning.

Denver to Salt Lake City. The *Rio Grande Zephyr* takes you through some of the most outstanding scenery in Colorado, including multicolored Glenwood Canyon. Rio Grande Western (not Amtrak) operates the *Zephyr* on a 14-hour, triweekly daylight schedule (westbound Monday, Thursday, and Saturday; east-bound Tuesday, Friday, and Sunday).

Seattle to Yakima. Early in the month, there should still be enough daylight to make the late-afternoon (eastbound) and early-morning crossing (westbound) of Stampede Pass on the *Empire Builder* worth your while. A bonus is the scenic Yakima River Canyon. You can make the round trip overnight or lay over a day in Yakima.

Canada's VIA Rail crossings of the Rockies west of Calgary and Edmonton are probably the finest mountain rail trips in North America. Only the eastbound *Canadian* (via Banff) makes the spectacular crossing between Golden and Banff in daylight during September and October, but both it and the *Super Continental* (via Jasper) thread the sinuous Fraser River Canyon. The best itinerary takes you east on the *Canadian* to Banff or Calgary, north by connecting bus to Jasper or Edmonton, returning to Vancouver on the *Super Continental*.

For more information about the Denver-Salt Lake *Zephyr*, contact the Passenger Department, Denver & Rio Grande Western Railroad, Box 5482, Denver, Colorado 80217. For details about Canada's VIA Rail, write VIA Rail Canada, Inc., Box 8117, Montreal, Quebec, Canada H3C 3N3. For more information about any of the other routes, check the phone book for the nearest Amtrak office.

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Tasty liver entrées

If you've dismissed liver as not for you, it's time to take another look. Not only is liver inexpensive, quick to fix, and a good source of iron, it tastes great too, when it's properly prepared. See for yourself by trying one of these three liver entrées. They're so good you'll even make them for company.

SWEET-AND-SOUR LIVER KABOBS

If you like, serve these kabobs with hot cooked rice—

12 to 16 small boiling onions
1 medium zucchini, cut into 1-inch slices
1 8¼-ounce can pineapple slices
¼ cup soy sauce
3 tablespoons dry sherry
2 tablespoons lemon juice
1 tablespoon cornstarch
1 clove garlic, minced
1 pound sliced beef liver, cut into 4x1-inch pieces

Precook onions and zucchini, covered, in boiling salted water about 3 minutes; drain. Set aside. Drain pineapple, reserving ¼ cup syrup; set aside. Quarter pineapple slices. In small saucepan blend the reserved pineapple syrup, ⅓ cup *water,* soy sauce, sherry, lemon juice, cornstarch, and garlic. Cook and stir till thickened and bubbly.

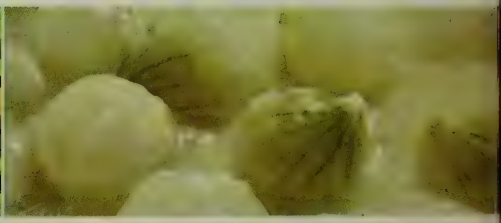
Preheat broiler. On six 10-inch skewers loosely thread liver alternately with onions, zucchini, and pineapple slices. Place skewers on unheated rack in broiler pan. Broil 3 inches from heat 7 to 8 minutes or till meat is done, turning once. Brush often with soy mixture. Makes 4 to 6 servings.

Photograph: Dieter

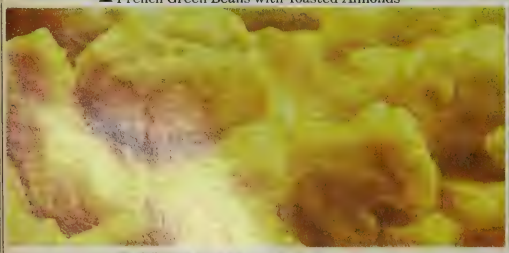




▲ French Green Beans with Toasted Almonds

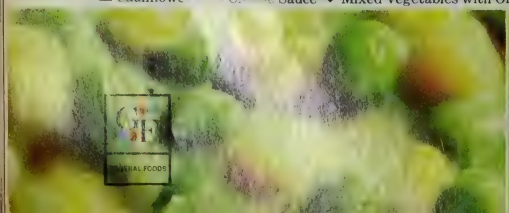


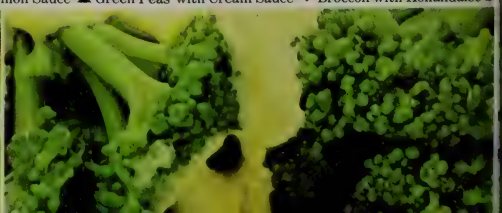
▲ Small Onions with Cream Sauce





▲ Cauliflowe[illegible] Sauce ▼ Mixed Vegetables with Onion Sauce ▲ Green Peas with Cream Sauce ▼ Broccoli with Hollandaise S





CHICKEN LIVER STROGANOFF

3 slices bacon
1½ cups sliced fresh mushrooms
½ cup chopped onion
1 pound chicken livers, cut up
½ teaspoon instant chicken bouillon granules
1 cup dairy sour cream
1 tablespoon all-purpose flour
⅓ cup dry sherry
Hot cooked noodles

In 10-inch skillet cook bacon till crisp. Remove bacon, reserving drippings in skillet. Crumble bacon; set aside. Cook mushrooms and onion in drippings 5 minutes. Push to one side of skillet. Add livers; cook 5 to 6 minutes or till just slightly pink in center. Dissolve bouillon granules in ½ cup *hot water*. Stir together sour cream and flour; gradually blend in bouillon mixture and sherry. Add to mixture in skillet. Cook and stir till thickened. *Do not boil.* Serve over hot cooked noodles; sprinkle crumbled bacon atop. Top with *parsley*, if desired. Makes 4 servings.

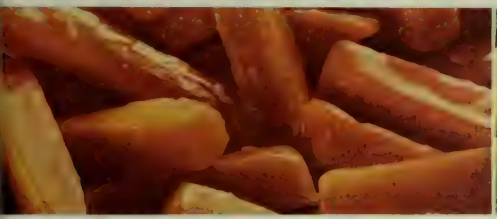
CHEESY BROCCOLI BAKE

1 10-ounce package frozen cut broccoli
1 pound sliced beef liver, cut ½ inch thick
¼ cup all-purpose flour
2 tablespoons butter *or* margarine
1 cup sliced fresh mushrooms
½ cup bias-sliced green onion
2 tablespoons butter *or* margarine
2 tablespoons all-purpose flour
¼ teaspoon salt
Dash pepper
1½ cups milk
½ cup shredded *process* Swiss *or* American cheese (2 ounces)
¼ cup fine dry bread crumbs
¼ cup grated parmesan cheese
2 tablespoons snipped parsley
2 tablespoons butter *or* margarine, melted

In saucepan cook frozen broccoli according to package directions; drain well and set aside. Cut liver into serving-size pieces. Sprinkle liver with a little *salt* and *pepper*; coat with the ¼ cup flour. In large skillet melt the 2 tablespoons butter or margarine. Add liver; cook quickly about 5 minutes or till browned, turning once. Remove liver; set aside. In same skillet cook mushrooms and onion in additional butter, if necessary, till tender. Set aside.

In saucepan melt the second 2 tablespoons butter; blend in the 2 tablespoons flour, ¼ teaspoon salt, and dash pepper. Add milk all at once. Cook and stir till thickened and bubbly. Stir in cheese till melted. Stir broccoli into *1 cup* of the cheese sauce; set aside remaining sauce.

Pour broccoli mixture in bottom of 10x6x2-inch baking dish; top with liver, cooked mushrooms, and onion. Pour remaining sauce over all. Combine bread crumbs, parmesan cheese, parsley, and the 2 tablespoons melted butter; sprinkle over sauce layer. Bake in 350° oven for 25 to 30 minutes. Makes 4 servings.



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▲ Green Peas and Pearl Onions

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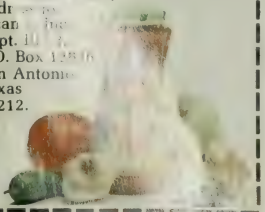


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PACEBURGERS
1 lb. ground beef
2 Tbsp. Pace Picante™ Sauce
2 Tbsp. grated cheese
Salt & Pepper to taste
2 Tbsp. onions (optional)
1 Tbsp. melted butter

Mix first three ingredients together well. Form mixture into patties. Broil or barbeque [illegible] brushing with melted butter. Serves 4.

Become a Pace-setting Chef. For a FREE full-color folder of recipes for the finest Pace™ Taste, just send this coupon with your name and address to: Pace Picante Sauce, Dept. [illegible], P.O. Box [illegible], San Antonio, Texas 78212.





Selecting A Vine

5

Of the many steps in developing a successful vineyard, none is more crucial than selection of the proper vine. In any given environment, different grape varieties will react differently. Not every type of vine is suited for the same growing conditions.

When selecting a grape variety, it is best to consider the general climate of the region, the micro-climate of the immediate area and local soil characteristics. All of these will affect the fruit and, depending upon the variety, the result may or may not be desirable.

The finest wine grapes are borne on vines of European origin. The root systems of these great vines are, however, extremely susceptible to the destructive phylloxera vastatrix, a microscopic member of the aphid family that nearly destroyed the French and California wine industries of the late 1800's.



About the turn of the century, a remedy was discovered by grafting the European vines to the root stock of certain native American vines known to be phylloxera resistant. It was the ideal solution for it provided the protection needed with no loss of grape quality. Today nearly all producing vines in both the U.S. and Europe are grafted to American rootstock. This grafting can be done in the field with an established root system but is more commonly done in a nursery prior to planting in the vineyard.



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CRAFTS

Blocking basics

All the time and money you've invested in a crocheted or knitted item can come to naught if you botch the blocking. Here are a few tips to ensure good results every time.

Pinning the pieces

Carefully smooth out each piece wrong side up on a clean padded surface. Using rustproof materials, pin the piece to the blocking surface along outer edges. Make sure that you keep even tension on the piece, and that there are no wrinkles, bumps, or twisted areas.

If the piece has special features, such as pockets or heavy cables, pin them in place as well.

Flat pressing

Use this blocking technique for flat knitting and crocheting and smooth yarns. First cover the pieces with a damp, lint-free cloth. Set the iron at a moderate temperature and press the pieces slowly and gently. Allow the steam from the damp cloth to penetrate the fibers. Apply light, even pressure, never pushing too hard or fast. Do not hold the iron too long in one spot or the moisture will dry out.

When you have pressed all the surfaces, remove the damp cloth and let the pieces dry for at least eight hours. Carefully remove the pins, and stitch the item together according to the pattern directions.

Steam pressing

This blocking technique is used for raised stitches and textured yarns.

Hold a steam iron as close to the pieces as possible without actually touching them. Move the iron slowly over each piece, making sure the steam penetrates the yarn. If the yarn is heavy, cover the pieces with a damp cloth or use a spray iron. Allow the pieces to dry.

Blocking seams

Use a blocking technique similar to that for individual pieces; always work from the wrong side. For bulky seams, use the flat pressing technique, but try to press only the seam.

Miracle custard pie

Need a dessert in a hurry? Try Miracle Custard Pie. It's so easy you don't even have to roll out pastry. Simply whirl the ingredients in a blender and bake in a pie plate. As the pie bakes, it forms its own soft crust. Here are some tips for a fool-proof pie.

- To tell if the pie is done, insert a knife halfway between the center and the outside edge of the pie. The knife should come out clean.
- When the pie comes out of the oven, it will be puffy and golden. As the pie cools, it will sink into the crust.
- For best results cool the pie to room temperature, then chill. Plan to serve it the same day, and don't forget to refrigerate any leftovers.



MIRACLE CUSTARD PIE

Before baking, you might dash a little ground nutmeg on the filling—

2 cups milk
4 eggs
½ cup sugar
½ cup all-purpose flour
¼ cup butter *or* margarine, cut up
1 teaspoon vanilla
¼ teaspoon salt
1 cup flaked coconut

In blender container combine milk, eggs, sugar, flour, butter or margarine, vanilla, and salt. Cover; blend about 10 seconds or till mixed (do not over-blend). Stir in coconut. Pour into a greased 9-inch pie plate. Bake in a 350° oven for 40 minutes or till knife inserted halfway between center and edge comes out clean. Cool, then chill.

How to pick a Rice:





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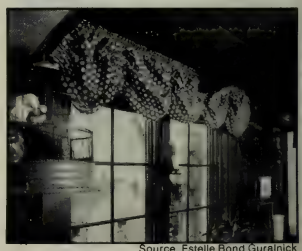
Minimal window treatments

When privacy isn't of prime importance, you can dress up a window with just a tad of fabric. Here are two simple-to-sew examples.



Photographs: Maris/Semel. Design: Patricia Dinicecco

To make these soft fishtail swags, cut two widths of fabric to the desired length. Draw a diagonal line, bisecting one panel from the lower left to upper right, the second panel from the upper left to the lower right; then cut. Repeat for the lining. Sew the panel and lining pieces together, right side to right side, leaving the top open. Turn the panel inside out, hem, and attach a rod casing on the back of each panel.



Source: Estelle Bond Guralnick

Here, a poufy Austrian-shade-style valance perks up casement windows. Simply cut a strip of fabric as wide and long as the top of your window, allowing extra fabric for side and bottom hems and a top rod casing. Sew pieces of shirring tape at each end and at equal intervals across the horizontal panel. Pull the tape up tightly and secure. Suspend the valance from a dowel rod or cup hooks.

New from Procter & Gamble



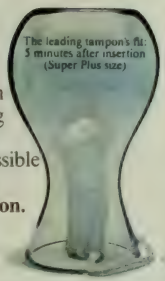
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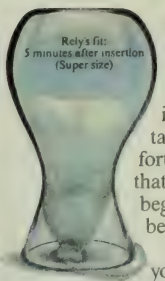
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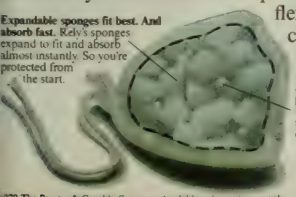
Why risk having a by-pass accident? (That's the accident that happens when there's a gap between your tampon and you.) Now you can try new Rely® with double-absorbing action. Rely fits you better than any other tampon so you get the best possible protection against by-pass accidents.

Only Rely has double-absorbing action.

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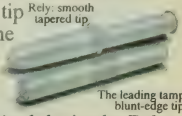






Easy to insert and fast protection.

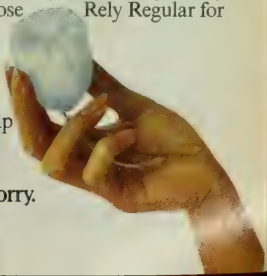
What's more, you'll find Rely tampons easy to insert. A smooth plastic tapered tip inserter glides the tampon in comfortably. And from that moment, Rely begins to expand. And that's why Rely begins to give you protection right away.



Just choose Rely Regular for your ordinary-flow days and Super for your heaviest days.

Rely with double-absorbing action. It can help save you from a by-pass accident.

Rely. It even absorbs the worry.



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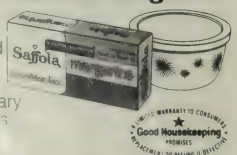
A few words about taking care of your heart.

1. Avoid smoking. Smoking constricts blood vessels and may raise blood pressure.
2. Have your blood pressure checked regularly to be sure it's normal.
3. Exercise regularly after checking your program with your doctor.
4. Cut down on cholesterol and substitute polyunsaturated for saturated fats in your diet.

One word that can help.
Saffola®.

No cholesterol. Higher in beneficial polyunsaturates than corn oil margarine.

Good tasting Saffola, when used as a part of a fat modified diet, can actually help reduce the serum cholesterol that is a major risk factor in coronary heart disease. Saffola contains pure safflower oil.



Enjoy it to your heart's content.

Supper Sandwiches



SUNDAY EVENING STACK-UPS

Mayonnaise or salad dressing
8 hamburger buns, split and toasted
1 beaten egg
¾ cup soft bread crumbs (1 slice bread)
1 pound ground beef
5 eggs
¼ cup milk
2 tablespoons butter or margarine
8 slices (8 ounces) sharp process American cheese
8 lettuce leaves
1 avocado, pared, seeded, and cut in 8 slices

Spread mayonnaise on cut surfaces of buns; set aside. In bowl, combine the 1 egg, the crumbs, and *½ teaspoon salt.* Add ground beef; mix well. Shape meat mixture in 8 thin patties, 4½ to 5 inches in diameter. Broil 3 to 4 inches from heat, 3 to 4 minutes on each side. Meanwhile, beat together the remaining eggs, milk, and *¼ teaspoon salt.* In skillet, scramble eggs in butter or margarine just till set. Place cheese atop burgers; return to broiler for about 1 minute to melt cheese. Place lettuce and cheese-topped patty on bottom half of buns; top with spoonful of egg and avocado slice. Cover with bun top. Makes 8 servings.



SMOKY HAM SANDWICHES

1 10-ounce package frozen broccoli in cheese sauce
3 slices whole wheat bread, toasted and buttered
1 3-ounce package thinly sliced smoked ham
3 tomato slices
2 tablespoons toasted slivered almonds

Prepare broccoli according to package directions; keep warm. Top each piece of toast with about 3 slices of ham and a tomato slice. Broil 4 inches from heat for 2 to 3 minutes. Spoon broccoli over tomato slices; sprinkle with almonds. Makes 3 sandwiches.

Homemade flour from oats

Thanks to the big trend toward baking with whole grain flours, one flour is finally starting to get the attention it deserves. It's oat flour, and it's easily made at home from quick-cooking or rolled oats.

When baking with oat flour, substitute it for up to, but not more than, one-third of the all-purpose flour called for.



Photograph: Dieter

OAT FLOUR

Place 1½ cups *quick-cooking* or *rolled oats* in a blender container or food processor. Cover. Process 60 seconds or till evenly ground. Makes 1 cup.

TOASTY OAT CRACKERS

1 cup Oat Flour
⅔ cup all-purpose flour
⅓ cup wheat germ
1 tablespoon sugar
1 tablespoon sesame seed (optional)
1 teaspoon salt, seasoned salt, *or* garlic salt
¼ cup butter *or* margarine

Combine flours, wheat germ, sugar, sesame seeds (if desired), and salt. Cut in butter till mixture resembles coarse crumbs. Mix in ½ cup *water* till dry ingredients are moistened. Shape dough into a 9x1½-inch log. Wrap and chill several hours. Slice ⅛ inch thick; place on ungreased baking sheet. Flatten till very thin with tines of fork. Bake at 375° 12 minutes or till edges brown. Cool on rack. Makes 6 dozen.

Revere Ware takes what life dishes out. Beautifully.

Day after day, Revere Ware takes the heat of the kitchen stove, the dousing of the dishwasher, the falls to the floor. Everything life in the kitchen dishes out.

And it takes it beautifully. But best of all, it keeps on dishing up beautifully and evenly cooked meals—time after time. The secret is Revere Ware's superior craftsmanship and construction.

Whether you choose Revere Ware's traditional stainless steel cookware with copper bottoms or our newest line with stainless steel bottoms and a carbon steel core, you can count on quick, even heat distribution. And polished 18/8 stainless steel provides the strength to take whatever life dishes out—beautifully.

1801 REVERE WARE

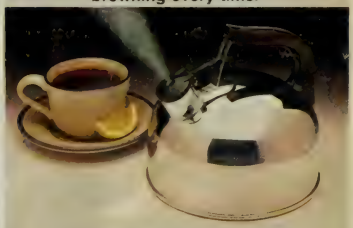
A heritage of excellence from Paul Revere.



Revere Ware smoothes out sticky subjects.



If you've ever gotten burned, get even. Revere Ware means even browning every time.



The Revere Ware that whistles while it works.



Give your Revere Ware a regular whipping. It can take it.



No brushing after meals. Revere Ware stainless steel cookware's so easy to clean.

continued from page 41

Tulip garden

Cottage tulips

The cottage tulips, so named because they were first discovered growing in the small cottage gardens of Great Britain, are often the last tulips to bloom in the spring. The egg-shaped flowers are produced on 25- to 30-inch stems and come in many different colors and bicolors. Cottage tulips are particularly showy planted in mass. Plant bulbs eight inches deep and six inches apart.

Rembrandt tulips

The finely etched bicolored petals of the rembrandt tulips have made them longtime favorites with gardeners and artists alike. During the tulipomania period in Europe, the rembrandt tulips were the ones that commanded the highest prices. Colors include red and yellow, red and cream, violet and yellow, and yellow and apricot. Rembrandt tulips make long-lasting and attractive cut flowers. The plants grow about 24 inches tall. Plant bulbs eight inches deep and six inches apart.

Parrot tulips

Brightly colored, wavy, scalloped petals give the parrot tulips a bird-like appearance that accounts for their name. They grow about 20 inches tall, and they sport a variety of colors and bicolors. The flower stalks are sturdy and resistant to high winds. Parrot tulips are late bloomers and they make ideal cut flowers. They will also grow in light shade. Plant bulbs eight inches deep and six inches apart.

Double late tulips

The only real difference between the double late tulips and the double early tulips is the season of bloom. Double lates usually bloom in mid- to late May. Also, the double late tulips grow a few inches taller than their early-blooming cousins. Popular colors include rose, yellow, white, apricot, lavender, and bicolors. Plant bulbs eight inches deep and six inches apart.

Kaufmanniana tulips

Kaufmanniana tulips are often the first tulips to bloom in the spring. Most varieties are bicolored with attractively mottled or striped foliage. The plants grow six inches tall and are an excellent choice for rock gardens. Kaufmanniana tulips look best when planted in mass. When fully open, kaufmanniana flowers resemble water lilies. Plant bulbs eight inches deep and six inches apart.

Fosterana tulips

The brightly colored, early-flowering fosterana tulips have changed little since they were discovered growing wild on Turkish slopes 400 years ago. Most varieties grow 15 inches tall and bloom the same time as the kaufmanniana tulips. Use fosterana tulips alone or in conjunction with other bulbs in mid-border locations. Colors include white, salmon, yellow, and red, and many have variegated foliage. Fosterana tulips are extra hardy and long-lived. Plant bulbs eight inches deep and six inches apart.

Greigi tulips

Beautifully marked foliage, large showy flowers, and sturdy, weather-resistant bloom stalks all make the greigi tulips an important addition to beds, borders, and rock gardens. The plants grow ten inches tall and bloom from mid-April to early May. Colors include gold, crimson, yellow, salmon, red and white, yellow and red, and rose and white. The gray-green foliage is often striped with red, brown, or purple, making the greigi tulips a valuable border plant even after the flowers have faded. Plant bulbs eight inches deep and six inches apart.

Other species tulips

The "other species" class is simply a catchall for the many less commonly grown species tulips. All of these species tulips are wild tulips or hybrids of them. These tulips are hardy, colorful, and especially useful in rock gardens. Bloom time varies from species to species; early species like pulchella may bloom in February, while species like acuminata wait until May. Some of the most popular other species tulips include tarda, chrysantha, whittalli, and eichleri.

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See your participating West Bend dealer for details.

machine and use a rag to wipe off gasoline that has run over the engine, especially any gasoline near the spark plug. Then reattach the spark plug wire and start the engine to burn the small amount of gasoline in the carburetor. The engine will die when the gasoline is gone.

A large riding mower may have a fuel tank drain (check your owner's manual). If it doesn't, pour gasoline stabilizer (available at small-engine shops) into the tank and run the engine briefly to send some stabilizer into the carburetor.

Change the oil and spark plug

To prevent corrosion inside your four-cycle engine, give the engine a supply of fresh oil before winter storage. A warm engine will give up more dirty oil and sludge than a cold engine, so try to drain the crankcase when the engine is still warm from burning the gasoline in the carburetor. Loosen the oil fill cap to provide an air vent, then unscrew the oil drain plug over a pan to catch the dirty oil. After all the oil has dripped out, wipe off the excess from the drain hole and reinsert the plug.

Now, remove the oil fill cap, pour in new oil (the type recommended in the owner's manual) to the fill line, and put the cap back on. To distribute the clean oil over the internal parts, pull on the starter rope several times or turn the ignition key and crank the engine for about ten seconds.

Remove the engine's old spark plug (this also applies to two-cycle engines) and pour one tablespoon of clean oil (or two if your engine is larger than five horsepower) into the spark plug hole. Again, pull on the starter rope or turn the

FEATURES

Storage tips for mowers and tillers

While you're preparing your car for winter's stresses, don't forget to ready your small engines for winter storage. Hibernation is rough on the engines of your lawn mower, garden tiller, moped, and other equipment. A blanket of grime on the outside and aging gasoline and dirty oil on the inside can cut an engine's performance and life expectancy. If you follow the simple storage preparation steps we've listed below, the payoff can be spectacular. For example, a properly cared for and stored lawn mower engine should give you over ten years of service.

Empty the gas tank

First get the old gasoline out of the engine. If you don't, the gas will become stale and evaporate, leaving behind a gummy substance that can clog the fuel lines and carburetor.

To make sure the engine won't start accidentally, disconnect the high-tension wire attached to the spark plug. Remove the cap of the gas tank and pour the gasoline out of the tank into a large can by tipping the machine on its side (or even inverting it). When the tank is empty, right the

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Have breakfast on us! Buy any West Bend electric skil and get coupons good for a FREE 1-lb. packa Armour® Bacon or 12-oz. package Smoke Sausage Links, a FREE 2-lb. box Log Cab Pancake Mix and a FREE 24-oz. bot Log Cabin® Syr



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Everything it takes to make great pop corn balls—on us! When you buy a West Bend Stir Crazy® Corn Popper you get a FREE Pop Corn Ball Maker plus coupons for a FREE package Jolly Time® Pop Corn and a FREE 12-oz. jar Sue Bee® Honey.


See your participating West Bend dealer for details.
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Brush and wipe away all the chaff and dirt you can from the engine housing (use a brush on the engine cooling fins). If there is dirty grease on the engine, spray a commercial automotive degreaser over the exposed engine, following the cleaner's directions. Allow the cleaner to stay on the engine for about 20 minutes and then wipe off the loosened grime.

Clean the machine

Now that the engine is ready to face the winter, turn your attention to protecting the rest of the machine from rust. Scrape away dirt and caked-on grass clippings from the top and underside of the machine, being careful to avoid scratching painted surfaces. Then use a brush, rags, and soapy water to wash away the stubborn dirt.

If you find rust peeking through any painted areas (including the exterior of the engine), apply rust remover and then cover the area with touch-up paint. Also, tighten all loose bolts and fasteners on the machine, and grease and oil all points recommended in your owner's manual.

Store it properly

Choose a clean, dry spot to store the machine for the winter and position the machine so the engine remains upright to prevent oil from seeping out. If possible, place the body of the machine on blocks to remove the weight from the tires. If the engine has an electric starter and battery, be sure to recharge the battery fully. And always cover the machine with a plastic drop cloth or tarpaulin to preserve the like-new appearance.

ignition key briefly to coat the upper part of the cylinder with the oil. To ensure quick starting in the spring, install a new spark plug; if the high-tension wire is hard or cracked, replace it with a new one.

Clean the carburetor

If your engine's carburetor is gasping for air at the end of the season, the cause is probably a dirty air cleaner. And the carburetor itself probably is coated with gunk. Clean both to keep corrosion away and ensure quick starts and top performance next spring.

Unscrew the top of the air cleaner housing and remove the air cleaner filter element. If the element is pleated paper and is dirty or damaged, replace it with a new element.

If the element is foam, soak it in a solution of warm water and liquid detergent to remove the dirt and then squeeze out the moisture (taking care to avoid tearing the foam). To give the dry element extra filtering power, pour a little clean oil in the foam and squeeze out the excess.

While the filter element is out of the air cleaner, attack the dirt and grease coating the carburetor and air cleaner housing with a toothbrush and a commercial automotive carburetor cleaner, following the cleaner's label instructions. Then reassemble the air cleaner.

Clean the engine

If you make the engine shine before you put the machine away, there won't be any grime to corrode exposed metal or attract moisture and dust.

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9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

A guide to flavored teas

A few years ago when coffee prices skyrocketed, many Americans reduced their coffee consumption and began to drink more tea. As a result of the rapidly increasing demand for tea, a variety of flavored (also called scented) teas began to appear. These specialty teas have become so popular that they are now available in almost every flavor imaginable: orange spice (scented with orange rind, cloves, and cinnamon), green apple, chocolate, almond, mint, lemon, cherry, anisette, black currant, peach, strawberry, ginger, crème de menthe, cinnamon, and more. Herb teas are not included here as they do not actually contain tea.

How flavored teas are made

Tea is ideal for scenting or flavoring because the leaves are almost sponge-like in their ability to absorb flavors. Tea manufacturers capitalize on this characteristic in a variety of ways. Sometimes flavorings are put directly in teas, as with jasmine blossoms, rose petals, orange rind, and cinnamon stick. Or the tea leaves are simply exposed to the flavorings: cotton is sprayed with spice essences and oils and then layered with the tea, or the scent is placed in an enclosed area with the tea. When natural flavorings produce weak or unacceptable flavors, more pronounced artificial flavorings are used.

How to brew and store flavored teas

Flavored teas are available in tea bags in most supermarkets, and as loose tea in specialty shops. These teas are brewed the same as regular teas, and can be made by the cup or by the pot. *For each cup of tea,* use 1 to 1½ teaspoons of loose tea or one tea bag. Place the tea in a teapot or infuser and add ¾ cup of boiling water. Cover and steep 3 to 5 minutes. Strain, or remove the tea bag or infuser.

Store flavored teas in airtight containers away from heat and direct light. Properly stored, your tea will retain its fragrance up to a year.

Real chocolate and fresh, natural ingredients ...that's why Brach's chocolate candies taste better.



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Brach's wants you and your family to enjoy the best taste and value in chocolate candy. That's why we still take those special steps that make Brach's taste better than other candy. We roast and blend our own cocoa beans, then we prepare seven different real chocolate recipes to give us the best-tasting chocolate for each delicious center. Brach's uses just the right amount of natural ingredients like butter, milk, real oil of peppermint, plump Michigan cherries and fresh ingredients such as crunchy peanuts, chewy raisins and more. We double dip our peanuts in two coatings of real chocolate. And only Brach's Bridge Mix has twelve different centers. No wonder Brach's is still number one for the best-tasting treat in chocolate candy.

BRACH'S

For all the good things in candy, look for the familiar Brach's stripes.

FOR 30 YEARS CONSUMERS H VINYL FLOORI EYES CLOSED.

It's really not anyone's fault.

It's just that over the years, vinyl floor manufacturers have shown people plenty of shiny floors in spotless, unlived-in rooms, and given them almost no information about vinyl floors themselves.

And so we at GAF—the makers of Gafstar® sheet vinyl and floor tiles—decided it was high time that someone opened people's eyes.

THERE'S A LOT TO LOOK FOR IN ADDITION TO LOOKS.

Before you decide on the fun stuff like color and design, there are a lot of other considerations to make. Like how long you want your vinyl floor to last. Unless you're either very fickle or very rich, you'll probably want it to be around for several years. So the first thing you should know is how well-armed a vinyl floor is against the assaults of everyday family life. Most Gafstar floors are topped



A cross-section of Gafstar® 6700 Series sheet vinyl

with a tough, transparent wear-layer. There to provide an extra layer of protection between your floor and your family.

THE RIGHT FLOOR FOR THE RIGHT ROOM.

Different rooms demand differer things fro vinyl floor. An entran room floor greeted b lot more fo steps than sitting roo floor.



A playro floor has t put up wit falling toys and noisy kids; a dining room floor, with massive furniture and a lot of spills.



And while it would be nice to think that all vinyl floors are perfect for all rooms, it simply isn't true.

So at GAF we specifically make certain floors to satisfy certain conditions. Some are amazingly resistant to abrasion; others to impact or indentation; and still others to liquids or sound resonance.

AMERICAN
VE BEEN BUYING
G WITH THEIR



Gafstar® 6700 Series sheet vinyl.

A VINYL FLOOR'S ULTIMATE TEST: THE KITCHEN.

No floor is abused like the kitchen oor. On it come the footsteps from the ntrance hall, the toys from the playroom, ne mud from the backyard and all kinds f potentially damaging household quids. Which is why GAF makes a hole range of floors that are amazingly esistant to almost everything. They may ost a little more, but for the money you mply can't buy a better floor.

WHAT DOES NO-WAX FLOORING REALLY MEAN?

While there are many glowing ings to be said about no-wax vinyl floors, there are certain things that have been—pardon the expression—swept under the rug. Contrary to what some people would like you to believe, all no-wax floors—even our own Gafstar® Brite Bond™ Floor Tile—require a degree of care. They should be mopped occasionally. And after a long while, you might want to apply a vinyl dressing to restore the floor to its original dazzle.

THE BEAUTIFUL PART.

Once you have looked into all there is to know about vinyl floors, you are finally ready to look at the designs themselves. This, of course, is largely a matter of personal taste. Just make sure that you expose yourself to a wealth of possibilities. At GAF we realize that there is no point in making great floors unless they're great-looking as well. So we've assembled an eye-boggling collection of colors and styles, representing every design point-of-view imaginable.

We hope we've answered some of your questions about vinyl flooring. In coming ads we'll try to answer more. Because the way we see it, the more we open your eyes about vinyl flooring, the more likely you'll be to look our way.

GAF® **GAFSTAR®** VINYL FLOORING

8HG-1079

WE'RE OPENING PEOPLE'S EYES UP ABOUT VINYL FLOORING.

MICROWAVE COOKING

Easy fish entrées

Cooking fish is a breeze with a microwave oven. Here's how you and your microwave can turn fish into two great main dishes.

Note: Timings in recipes are approximate since counter-top microwave ovens vary by manufacturer.



Photograph: Dieter

SOLE ROLL-UPS FLORENTINE

6 fresh or frozen sole fillets
1 10-ounce package frozen chopped spinach
1 teaspoon minced dried onion
1 recipe White Sauce
½ cup shredded Swiss cheese
1 3-ounce can sliced mushrooms, drained

Thaw frozen fish in microwave following manufacturer's directions. Drain. Sprinkle with *salt*. Place frozen spinach in 10x6x2-inch nonmetal baking dish. Cover; micro-cook on high power 5 to 7 minutes, breaking up spinach after half the cooking time. Drain; press out excess moisture. Stir in onion and ⅛ teaspoon *salt*. Spread over fillets; roll jelly-roll fashion. Place, seam side down, in same dish. Pour White Sauce over fish. Micro-cook, uncovered, on high power 8 to 10 minutes; give dish quarter turns every 2 minutes. Spoon sauce over fish. Remove fish to platter. Stir cheese and mushrooms into sauce in dish. Micro-cook 1 minute, stirring once. Spoon over fish. Serves 6.

To make White Sauce: Micro-melt 3 tablespoons *butter* 30 to 40 seconds. Blend in 3 tablespoons all-purpose *flour* and ¼ teaspoon *salt*. Stir in ½ cup *water*, ½ cup *milk*, and 1 teaspoon *instant chicken bouillon granules*. Cook 1 minute. Stir. Cook 2 to 3 minutes more, stirring every 30 seconds.

SALMON-VEGETABLE BAKE

1 can condensed cream of celery soup
1 cup milk
1 cup quick-cooking rice
1 3-ounce package cream cheese, softened
1 16-ounce can salmon, drained, bones removed, and broken into large pieces
1 16-ounce can mixed vegetables, drained
½ cup sliced water chestnuts
2 tablespoons chopped pimiento
½ of 3-ounce can (about ¾ cup) French-fried onions

In 2-quart nonmetal casserole mix soup and milk. Micro-cook on high power 5 minutes; stir after 3 minutes. Stir in rice. Cover; let stand 5 minutes. Cube cheese; stir into rice with salmon, vegetables, chestnuts, and pimiento. Microcook, uncovered, 7 minutes; stir after 3 minutes. Top with onions. Cook, uncovered, 1 minute more. Serves 6.



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Our computer-simulated contest home is a ten-year-old 3,000 sq. ft. two-story home in Kansas City, Mo. It has storm windows, weather stripping, and has been fully insulated. Total calculated cost to heat and cool this home last year was $637.

How much can be saved on heating and cooling costs this year by replacing the old heating and cooling system with a new Carrier Energy Saver Package?

Check your answer on the entry blank, complete and mail.

Everybody's a Winner *

Because right now, a participating Carrier Dealer will give you a free Swiss army knife or stainless steel scissors when you receive a free Carrier Energy Saver Analysis for your home. Is your home energy-efficient? Or is an inefficient heating and cooling system costing you too much every year? To find out, just phone your participating Carrier dealer. No purchase necessary. Look for his ads in your local newspaper. Or for his name and number, phone toll free and ask for Carrier.

* Single-family home owners only.

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In Arizona, call
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Ask for Carrier.



Helpful Hints

The Carrier Energy Saver Package includes a Super-Efficient Gas Furnace with Electric Spark Ignition and Chimney-Lock Flue Damper, a Round One High-Efficiency Central Air Conditioning System, and a Programmed Night Setback Thermostat. Assume temperature conditions and cost of fuel are identical for both years.

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NO PURCHASE NECESSARY

Here's how to enter:

1. On the Official Entry Blank or a 3"x5" facsimile thereof, hand-print your name and home address. Check the box indicating the amount of money you believe will be saved by adding a Carrier Energy Saver Package to the home given in the example, and mail your entry in a hand-addressed envelope with First Class postage affixed to:
Carrier Energy Saver Sweepstakes, P.O. Box 9258, Blair, Nebraska 68009.
2. Enter as often as you wish, but each entry must be mailed separately and received by December 14, 1979.
3. Winners will be determined in random drawings from among all correct entries received by the D.L. Blair Corporation, an independent judging organization whose decisions are final. Sweepstakes open to residents of the contiguous 48 United States except employees of Carrier, its affiliates, distributors, subsidiaries, dealers, advertising and promotion agencies, and families of each. Sweepstakes void wherever prohibited by law. Taxes on all prizes are the sole responsibility of the prize winners. Winners will be notified by mail. One prize to a family. All prizes will be awarded. All Federal, State and local laws and regulations apply.
4. Winners of major prizes will be obligated to sign and return an Affidavit of Eligibility within 60 days of notification. In the event of non-compliance within this time period, alternate winners will be selected. Any prize returned to the sponsor or to the D.L. Blair Corporation as undeliverable will be awarded to alternative winners.
Normal costs of installation of prizes will be paid by Carrier Air Conditioning.
5. For a list of winners, send a separate, stamped, self-addressed envelope to: Carrier Energy Saver Winners List, P.O. Box 6288, Blair, Nebraska 68009.
Do not send this request with your entry.

GRAND PRIZE Win the complete Carrier Energy Saver Package for your home, as described above. And...an all-expense-paid week for two in the fabulous Bahamas!



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5 Fourth Prizes
Electronic Air Cleaner to remove airborne dust, dirt and impurities from the air your family breathes.

20 Fifth Prizes
Central Humidifier to maintain the moisture level for your family's comfort.

Number One Air Conditioning Maker

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Carrier Energy Saver Sweepstakes Entry Blank

My guess for total savings this year is:

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$175 ☐
$260 ☐
$325 ☐

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Sweepstakes closes Dec. 14, 1979. Mail entry to: Carrier Energy Saver Sweepstakes, P.O. Box 9258, Blair, Neb. 68009.

HE COOKS

Shrimp Egg Rolls





Photographs: Dieter, McCay

Patrick Cook is truly a man on the go. When he's not busy working as an insurance agent, he's playing rugby and participating in other sports. But his favorite avocation is puttering in the kitchen.

"Because my wife Laura and I both work full time, we take turns cooking," Patrick says. "My favorite recipes are Italian and Chinese."

One of Patrick's specialties is Shrimp Egg Rolls that he makes with broccoli and corn. "I didn't have a recipe to follow, so I made up one of my own using ingredients that I remembered having tasted in restaurants," he says. Sometimes, Patrick serves his egg rolls as a meal by themselves. At other times, he includes them as part of a Chinese feast or as a snack.

"The best thing about the recipe," Patrick explains, "is that it's easy on the budget. You can use just about any leftover meats or vegetables you have in the refrigerator."

EGG ROLLS

For party appetizers, cut egg roll wrappers in quarters. Then spoon about 1 tablespoon of the filling in each, fold, and fry as directed below—

- **2 medium carrots, finely shredded (1 cup)**
- **1 cup fresh or frozen loose-pack whole kernel corn**
- **1 cup fresh or frozen loose-pack chopped broccoli**
- **½ cup sliced fresh mushrooms**
- **½ cup chopped fresh bean sprouts**
- **½ cup chopped celery**
- **2 tablespoons butter or margarine**
- **1 cup coarsely chopped, cooked, peeled shrimp**
- **1 tablespoon soy sauce**
- **¼ teaspoon garlic powder**
- **12 egg roll wrappers**
- **1 beaten egg white**
- **1 teaspoon water**
- **Cooking oil for deep-fat frying**

In a skillet cook carrot, corn, broccoli, mushrooms, bean sprouts, and celery in butter or margarine about 8 minutes or till vegetables are almost tender. Stir in shrimp, soy sauce, and garlic powder.

Place about ¼ cup of the shrimp mixture on each egg roll wrapper. Fold in two opposite sides. Starting from an unfolded side, roll as for jelly roll. Seal edges with a mixture of egg white and 1 teaspoon water. Fry in deep hot oil (365°) for 1½ to 2 minutes. Drain on paper toweling. Serve at once with bottled sweet-sour sauce and hot mustard sauce, if desired. Makes 12.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If you have a favorite original recipe, we'd like to hear about it. And if yours is selected for the He Cooks feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.



You're halfway to Cherry-Berry Pie with Pet-Ritz® Pie Shells!

Cherry-Berry Pie

- 2 Pet-Ritz "Deep Dish" Pie Crust Shells
- 1 package (10 oz) frozen red raspberries (thawed)
- ¾ cup sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- 2 cups pitted fresh tart red cherries, thawed and drained.

Remove pie crusts from freezer. Invert first crust onto waxed paper and let thaw until flattened (10 to 15 minutes). While first crust thaws, drain raspberries; keep syrup. Add water to syrup to make 1 cup. In saucepan, mix sugar, cornstarch and salt. Stir in syrup and cherries. Cook and stir over medium-high heat until bubbly; cook and stir one minute more. Remove from heat; stir in raspberries. Cool 10 minutes. Pour filling into second crust in pie pan. For lattice top, slice thawed first crust into strips and arrange over top of pie. Bake in 375 degree oven for 35 to 40 minutes. Cool on wire rack.



Get 230 more delicious recipes from the Pet-Ritz Pie Cookbook!

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FOOD



Skillet Suppers

Pancakes and Waffles

Is a skillet main dish your mainstay when you want a quick and easy supper? Do you serve a special variety of pancakes or waffles as a main dish or dessert? Send us your recipes—you could win next May. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next May. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Skillet Suppers

Your main dish idea could be made in a top-of-the range skillet, electric frypan, or wok. Do you have a shortcut recipe that starts with frozen meat or fish? Hints: **Texas-style pork chops with rice, poached salmon with orange sauce, bok choy/tofu stir-fry.**

Pancakes and Waffles

Your pancake or waffle recipe could be a new breakfast dish, main dish, or dessert idea. Do you stack waffles or pancakes with a tasty filling? Tips: **sourdough zucchini waffles, whole wheat cinnamon pancakes, cheese-topped apple waffles.**

THIS MONTH'S WINNERS

(See recipes on pages 153 and 154.)

Cooks-of-the-Month

Edie Hugo, Avalon, Calif.
Mrs. William Strieber, Crofton, Md.

Runners-up

Mrs. Ghita Carter, Houston, Tex.
Mrs. Gail Green, Skokie, Ill.
Mrs. Ted Mayes, Concordia, Mo.
Mrs. John McCarroll, Waco, Tex.

Honor Roll

Alice Durfee, Midland, Tex.
Mrs. Opal Erickson, Turlock, Calif.
Mrs. Wm. N. Faulkner, Holts Summit, Mo.
Laura Getschmann, Bremerton, Wash.
Mrs. Leroy Hansen, Scotia, Nebr.
Mrs. Loren D. Martin, Knoxville, Tenn.
Mrs. H. S. McKeand, Belpre, Ohio
Carole H. Reamer, Spencertown, N.Y.
Mrs. Barbara Taub, Framingham, Mass.
Judy Wyatt, Medford, Oreg.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "May Skillet Suppers" or "May Pancakes and Waffles."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, October 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7910 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

Oster and Carnation whip up a Strawberry Yogurt Frost

Create a flurry at your house. With Strawberry Yogurt Frost. The deliciously simple and sensational blender drink from Oster and Carnation. Strawberry Yogurt Frost. Tangy and tart-sweet with strawberries and yogurt. Thick and frothy-rich with Carnation® Instant Nonfat Milk—all the nutrition of whole milk—minus fat. Yours with the touch of an Osterizer® blender button!



Save over $20.00 with this blender offer: a 12-speed (almond color) Osterizer blender (model 834-16) plus one 30-oz. "Blend-and-Store" container and one ½-pint "Mini-Blend" container—a $46.95 value—yours for only $24.95.

Simply send your name, address, and zip code plus $24.95, check or money order (no cash or stamps, please), with the nutrition panel from any size package of Carnation Instant Nonfat Milk to:
Carnation/Oster Offer, P.O. Box 2418, Maple Plain, Minnesota 55348

Offer void where taxed, prohibited, or otherwise restricted by law. Allow 4-6 weeks for delivery. Good in U.S.A. only.
OFFER EXPIRES SEPTEMBER 30, 1980.

Strawberry Yogurt Frost

1 ten-ounce carton (1¼ cups) frozen, sweetened sliced strawberries
½ cup CARNATION® Instant Nonfat Dry Milk
1 cup plain yogurt
¾ cup water
1 teaspoon vanilla

Cut frozen block of strawberries in half. Put instant nonfat dry milk, yogurt, water, strawberries and vanilla into Osterizer® blender container. Cover and process at LIQUEFY until smooth. Makes 3½ cups.

VARIATION: **Banana Yogurt Frost**
Substitute 2 large ripe chilled bananas and 2 tablespoons sugar for sweetened sliced strawberries. Proceed as above.

Barbara Humeston

Pet grooming pointers



Seeing to it that your dog or cat is well-groomed pays off big. A well-kept pet not only looks better, he generally is healthier and happier than his unkempt counterpart. But grooming can cost plenty if you patronize a professional groomer regularly. What's the alternative? Do routine grooming yourself. Here's how.

Tools for the task

Brushes, combs, nail clippers, and small, sharp scissors are the basic tools you'll need; add electric clippers or large scissors if you'll be trimming your dog's coat (get trimming instructions from an expert or read a good book on trimming procedures). A small metal or plastic tool or tackle box will keep your grooming kit organized. Additional tools and supplies for specific grooming jobs will be mentioned later on.

Choose brushes with care. The wrong one can tear your pet's fur or irritate his skin. Coat length and type should be a prime consideration. A brush with metal pins set in a cushioned rubber base is good for dogs with long, flowing coats. Ask a salesperson about which type of bristles (nylon, natural, or a combination of the two) is best for other breeds. Natural-bristled brushes, which should always be used on cats, are the most expensive, the softest, and the least likely to harm your pet's coat. All-rubber brushes are helpful to "polish" the coats of smooth-coated dogs. Use chamois or silk cloth for cats.

Establishing a routine

Ideally, short-coated breeds should be groomed two or three times a week and long-coated breeds daily. Of course, missing a few sessions won't hurt, but waiting a long time between groomings can turn what should be a quick, pleasant job into an ordeal.

Start regular groomings when you first get your pet—preferably while he's still a puppy or kitten—to accustom him to the routine. Praise your pet as you work to make the experience pleasurable. A long-haired puppy, or kitten should be trained to lie on his side or back so you can groom his stomach.

Also helpful is an established grooming spot, preferably a table your pet won't outgrow. You can buy a grooming stand, but any sturdy table of a comfortable height will do. A rubber mat or toweling tacked to the table's surface gives the animal better footing and speeds cleanup.

The best time for grooming is immediately after your pet has exercised. Increased circulation after a walk or a romp helps loosen excess hair. Also, it's easiest then to remove any burrs, ticks, or mud your pet may have picked up.

Grooming techniques

Most dogs and cats with short or medium-length coats should be brushed with the "grain" of the coat. Pay special attention to feathering (the long hair on the ears, chest, tail, stomach, and backs of legs). This hair tangles easily. Though your cat grooms himself, brushing helps keep him from swallowing hair that can form hairballs and cause intestinal problems.

Brush long-coated breeds by grasping a handful of hair and working the brush through it from the skin outward. After brushing, use a steel comb with smooth, medium-spaced teeth on the coat and feathering.

Try working mats out of your pet's coat slowly with your fingers. A wide-toothed comb and a few drops of vegetable oil may help. If the tangle is stubborn, don't yank at it; very carefully snip small sections of it away from the animal's body with your scissors till you can straighten out the remainder with your fingers.

Unfortunately, shedding is part of the life cycle of your pet. Some animals shed naturally in early summer; some shed in winter; others shed year-round. Regular brushing should keep shedding to a minimum. *Note:* To remove hair around the house between vacuumings, dampen a heavy-duty scrub brush and sweep it over carpets and furniture, stripping off the collected fur from the brush when necessary.

Bathing instructions

Bathe your dog only when he needs it; some dogs, when brushed regularly, need a bath only every six months or so. Too much bathing can remove the skin's natural oils. Choose a shampoo especially for dogs; your own shampoo probably contains an alkaline pH (to prevent eye irritation), which can damage your pet's hair. Don't bathe ex-

continued

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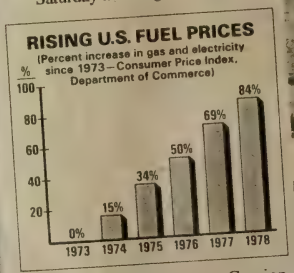


"Saving energy is easier than I thought," says Toledo homeowner.

TOLEDO, OHIO—"I was sick and tired of paying sky-high fuel bills," says Mr. R. Jenkins, "and I finally found a way to fight back."

Mr. Jenkins is referring to what he calls his "afternoon in the attic."

"Saturday morning I went out and bought some more Owens-Corning Fiberglas insulation. That afternoon I installed it myself. I figure with what I save on energy, the insulation will pay for itself over the next few years."



Part of a Trend

A lot of homeowners are installing insulation, spurred by soaring fuel prices (see chart).

As Mr. Jenkins says: "I already had insulation, but it was installed before fuel was so expensive. In my attic, *more* insulation will save *more* energy."

Mr. Jenkins has brought the levels of insulation in his attic up to the full 12" recommended for his area. "It was pretty easy," he says. "The insulation

(Continued on page C-11)

Tight Gas[illegible]e Supplies Expected This Year

The energy battle is being waged all across America.

As the cost of energy goes up, homeowners are searching for places to conserve. And they find that the attic is a good place to start.

Even those attics which already have some insulation allow small amounts of heat to escape in the winter, and enter in the summer. As long as energy was cheap, this waste didn't matter.

But today, energy isn't cheap. So you may need more insulation.

In severe climates, an attic may need up to a *foot* of Owens-Corning Fiberglas*-insulation, with insulating power of R-38. (R stands for resistance to heat. The higher the R-value, the greater the insulating power.) Even in balmier climates, attics usually need a minimum of six inches (R-19).



Your Owens-Corning dealer or contractor can help you figure the exact amount you need, depending on climate, type of fuel, and various other factors.

So if you're tired of paying sky-high fuel bills, talk it over with him. He'll help you do battle.

*T.M. Reg. O.-C.F. Corp. ©O.-C.F. Corp. 19

continued

Pet grooming

tremely young animals unless it's absolutely essential, and never bathe a sick animal or female about to give birth without consulting a veterinarian.

Short-haired cats shouldn't need bathing at all, since they normally lick themselves clean several times a day. If your cat is overdoing the licking and causing bald spots, check with a veterinarian. Long-haired cats, like Persians, probably will benefit from a bath four or five times a year to remove a buildup of natural oils. Bathing most cats is a job for at least two people. Always be sure to dry your cat thoroughly and quickly after his bath.

An alternative to bathing is "dry-cleaning" your pet with baby powder, cornmeal, talcum powder (as long as it doesn't contain asbestos fibers), or a dry shampoo especially designed for animals. Rub the substance into the coat, then brush it out completely. Removing every trace is especially important with cats. When they lick themselves, they'll swallow any of the substance left in their fur.

Before bathing your dog, brush tangles out of his coat and place cotton balls in his ears for protection. If you're using a tub, place a rubber mat in the bottom for secure footing, and fill the tub with lukewarm water midway up the pet's legs. If your dog is too big for a tub, try a sponge bath on the driveway or over a basement floor drain.

Apply the shampoo, following label directions. Use a sponge and clear water only on the animal's face. Use your fingertips to lather and scrub his body. If your pet has a white coat, you can brighten it by adding a drop of bluing to the water. After lathering the animal, rinse him repeatedly till all the soap is gone. A creme rinse/conditioner especially designed for pets can help prevent after-bath tangles. Then towel your pet dry. If he doesn't object, you can speed up the process with a blow dryer (especially good for cats, since they chill easily). It's smart to keep your pet indoors and away from drafts for at least three hours (longer in cold weather) after you've finished his bath.

Sticky problems

Pets sometimes pick up paint, tar, chewing gum, burrs, etc. that can't be removed by bathing or brushing. Clip out small amounts of paint or tar with scissors after the substance has dried. For larger amounts, saturate the substance with vegetable oil, butter, or shortening and allow it to soak in for several hours before washing the area with shampoo and water. Don't use turpentine or other flammable solvents that can burn your pet's skin. Rub chewing gum with peanut butter, wait about five minutes, then gently try to comb out the gum. Saturate burrs with petroleum jelly or mineral or olive oil and work them out with your fingers. If a skunk has sprayed your dog or cat, bathe your pet in tomato juice or mouthwash (use particular care to avoid the animal's mouth and eyes).

Eyes, ears, and teeth

At every grooming session, check your pet's eyes for excessive discharge. To remove it, dip a soft clean cloth, cot-

continued

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continued

Pet grooming

ton ball, or tissue in boric acid and work outward from the corner of the eye. Wiping across the eye can spread an infection.

Clean your pet's ears every few months with a cotton ball or swab dipped in baby oil, olive oil, or peroxide. Never probe into your pet's ears. The hair should be carefully trimmed periodically from inside the ears of long-haired dogs like setters and spaniels so dirt and moisture won't accumulate. Don't try to clean your pet's ears if they appear inflamed or have a foul odor, or if he constantly rubs them. Ask a veterinarian to examine your pet for an ear infection.

Tartar buildup on your pet's teeth is another problem you should check for every two or three months. Dry pet foods, large, chewable bones, and dog biscuits help prevent tartar. But for added protection you can rub or brush your pet's teeth with an old toothbrush or coarse cloth dipped in water and baking soda, salt, or peroxide. Use an up-and-down motion, concentrating on the gum line. If your pet won't cooperate, have your veterinarian remove the tartar with dental instruments. Ask your veterinarian to check for tooth problems if your pet has persistent bad breath or facial swelling, or if he constantly shakes his head.

Nail care

Unless your pet spends time outdoors, he will probably need regular nail care. You can tell when a dog's nails are too long by observing his feet when he's standing on all four legs; the nails should be just off the ground.

When you clip your pet's nails, it's important to avoid clipping into the vein running about three-fourths of the way down the nail. Try to locate the vein before you begin. If the nail is too dark to find the vein, clip away small bits of nail till you reach the proper length (never clip away more than one-fourth of the nail). If a nail does begin bleeding, use styptic powder and an antiseptic to stop the bleeding and prevent infection. Don't forget to trim the dewclaw on the inside of each leg—just above the paw—or it may cut into the leg. (Sometimes these claws are removed at an early age, so don't be surprised if your pet doesn't have them.) After clipping, file all the nails to smooth the rough edges.

Cats retract their nails when they stand, so a good rule is to clip the white tip section of each nail to within about a quarter to an eighth of an inch of the pinkish area that appears closer to the base of the nail.

Before you try to trim your pet's nails yourself, it's wise to ask your veterinarian to show you how. Commercial nail clippers are best for dogs and cats. Regular scissors usually aren't strong enough for the job.

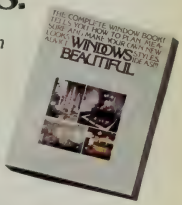
The pads of your pet's feet merit attention, too. If your pet begins limping, check the footpads for cuts, or salt and snow burns in winter. Carefully wash and dry the injured foot and consult a veterinarian if the limping continues. Also check regularly for excess hair between the pads and trim as necessary, being careful not to cut into the pads.



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GROWING DYE PLANTS IN YOUR GARDEN

Like many a gardener, you've probably longed to preserve the beauty of a blooming garden forever. It can be done by natural dyeing, a technique known to the ancients and a growing number of moderns.

The beautiful, subtle colorings of American Indian museum pieces, for example, are the results of natural dyeing. The Indians and many other aborigines relied on foliage and food plants for pigments. And although techniques vary from place to place, the end result is always "natural" color.



Plants can be used to dye wool and cotton fibers, either yarn or woven fabric. The basic technique is simple and almost effortless. The colors, with a few exceptions, will be colorfast.

The wool is first "mordanted," which means it is soaked in a chemical solution to make it receptive to the dye. The necessary chemicals are available in most weaving stores and drugstores, and from mail-order sources.

Basic recipes for proportions of wool-to-water-to-chemical can be found in a variety of books on natural dyeing available in libraries and bookstores.

The dye itself is made by steeping the plant in hot water over a period of time. The process itself is similar to brewing tea. The longer the "brewing," the deeper the color. Then the mordanted wool is soaked in the dyebath, rinsed, and hung up to dry.

Not all plants yield interesting colors, and not all colors can be obtained from plants. But with a bit of careful planning, you can produce a garden variety of rainbow-rich wool in one growing season by simply starting a dye garden. The great thing about most dye plants is that they're extra hardy. They grow any- and everywhere, and no green thumb is needed.

A dye garden looks like other gardens, except perhaps for the mixture of flowers, vegetables, wildflowers, and herbs in one plot.

To start a dye garden, first make a list of all the potential dye plants. Some are probably already growing in your backyard. Common dye plants include: onions, purple cabbage, tomato vines, bougainvilleas, sunflowers, marigolds, dahlias, zinnias, and mums. Next, do a little research in the library. The wildflowers traditionally used by dyers include black-eyed susans, Queen Anne's lace, dyer's greenwood, coreopsis, bloodroot, and barberry. (Be sure to collect wildflowers from country roadsides or a consenting farmer's field, not from public parks.) You might consider growing some plants that need special attention but produce spectacular results—such as madder roots for deep rose reds, or indigo for bright blue.

Happily, most dye-garden plants are readily available from nurseries and there are several excellent books on cultivating them. Start small and simple the first year. Then spend the winter months tracking down the more exotic species and learning their special requirements. Most dye plants are perennials, so the dyer's garden grows bigger and better every year.

As your gardening skills increase and you begin to produce dyed fabric and yarn, keep a notebook of the type of plant (with the variety, if you have that information), when you planted it, and what care it required. Similarly, record all dyed yarn and fabric for future reference. Dyed materials will be unique each time they are produced, but it is sometimes helpful to have information on how a particular shade or color was produced.

The following are some especially useful sources:

Rutland of Kentucky, 3 Bon Haven, Maysville, Kentucky 41056. This company specializes in dye plants and herbs. Send a self-addressed, stamped envelope for a complete listing.

Journal of Chicago Horticultural Society, Volume III, Number 1, Winter, 1976. This particular issue of the Journal is devoted to dye plants and their cultivation. To obtain a back issue, send $3.50, plus 75¢ postage, to Chicago Horticultural Society, 18 S. Michigan, Chicago, Illinois 60603.

Betty Jacobs, *Growing Herbs and Plants for Dyeing,* Select Books, 5969 Wilbur Avenue, Tarzana, California 91356.

(Written in cooperation with Carol LaBranche)

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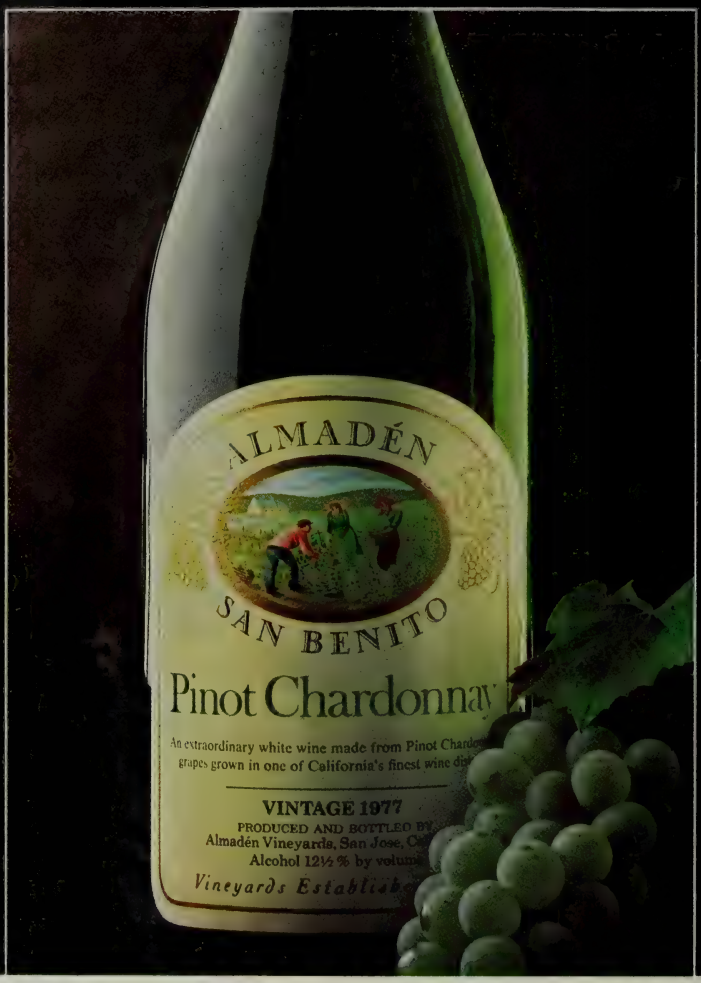
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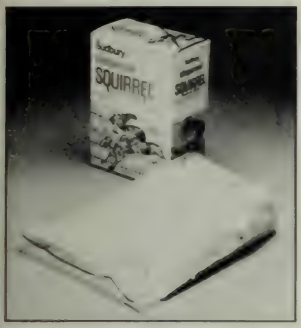
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Kim Garretson

Good News

Varmint repellent



Has your attic been invaded by pesky and destructive squirrels or bats? Spread a little of this powdered repellent around and the animals will quickly depart. Then seal the holes behind them. Spread a larger amount around your summer cottage or cabin when you close it for the winter, to make sure animals don't move in.

Chaperone Squirrel and Bat Repellent, about $4 Sudbury Laboratory, Sudbury, Mass. 01776

Wallpaper stripper



With this tool you can whisk long strips of old wallpaper off the wall without gouging the plaster beneath. As you push the tool over the wall, the roller glides over contours, keeping the stainless steel blade in continuous contact with the wall at the proper cutting angle. The detachable blade is self-sharpening and rarely needs changing.

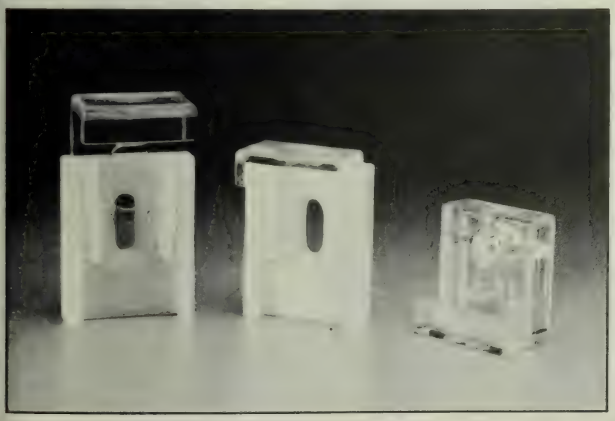
Wallpaper Stripper, about $11. Plasplugs, Inc., Box 265, East Hampton, N.Y. 11937.

Refrigerator freshener



These three-inch-round plastic holders soak up odors in the refrigerator and—unlike a box of baking soda—don't take up shelf space. You use one holder at a time, sticking it to the sidewall with the attached tape; the activated charcoal element will work up to two months without emitting any odor of its own.

Refrigerator Stick-ups, about $1.29 (two). Airwick Products, 380 North St., Teterboro, N.J. 07608.



Hidden hangers

With these plastic clips, you can hang a mirror or graphic weighing up to 300 pounds (and ⅛ to ¼ inch thick) and it will appear to float on the wall because the screwheads are concealed. You first install two of the bottom clips *(right).* Next you install two top clips, then push the lips upward *(left),* mount the mirror, and push the lips down over the mirror's edge *(center).*

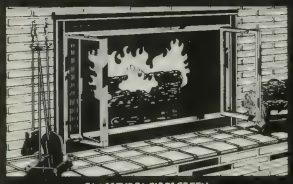
Handi-Hang-It, about $2.95 for four clips. Handi-Products Corp., 5800 LBJ Freeway, Dallas, Tex. 75240.

continued

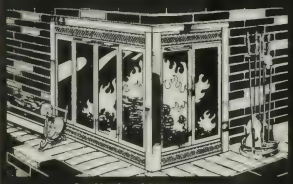
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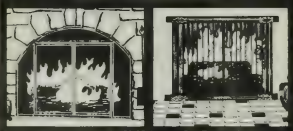
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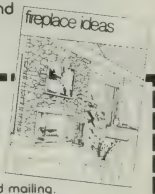
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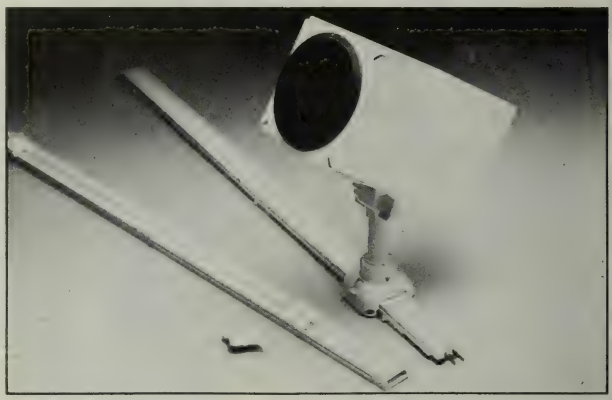
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Good News

Grooveless lighting track



Up until now, one drawback to track lighting has been the unsightliness of the wide, deeply grooved track running across the ceiling. This system has a smooth-faced track that's only ⅜ inch thick. The tiny mounting brackets pictured attach to the ceiling with screws, then clamp the track tightly to the ceiling. A lamp holder clamps to the two- or four-foot track sections with dual locking levers that extend electrical connectors into narrow slots on the sides of the track. The holders are available in cylinders and two square styles in white, black, or yellow.

Snaptrak, about $16.65 (4-foot track), $18 (individual lamp holders). Progress Lighting, P.O. Box 12701, Philadelphia, Pa. 19134.

Quarry tile look-alike



If you love the look of quarry pavers for floors but balk at the high cost, consider a less expensive alternative—these cement-based tiles. You can choose tiles that resemble slate pavers (shown), tan pavers, old bricks, or rich brown square tiles. You can easily install the tile indoors and out using the instructions, adhesive, and grout offered by the company.

Z-brick Floor Tile, from $27 to $32 per square yard. VMC Corp., Woodinville, Wash. 98027.

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begins on page 42

Wall hanging

Naphtali (leaping hart) wall hanging, pages 42-43
(Finished size: 24 x 32 inches)

This handsome piece of needlework is shown worked in 2 different techniques—tapestry rug hooking (page 43) and a combination of crewelwork and creative stitchery (page 42). General instructions for both methods follow.

Materials

A 30x38-inch rectangle of high-quality, firmly woven, gold-colored burlap; embroidery transfer pencil; embroidery hoop or rug hooking frame; rug hook and/or crewel embroidery needles.

For the tapestry-hooked version of the hanging, you will also need approximately 2½ yards of 54-inch-wide white wool flannel dyed in a variety of colors (see notes below) and cut into thin (⅛ to ¼ inch wide) strips. The fabric may be dyed with either commercial or natural dyes.

For the crewel/creative stitchery version, you will need ¾ lb. of white, untreated, 3-ply wool yarn, dyed in a variety of colors. Or you may choose to use an equivalent amount of commercially dyed yarn in golds, greens, reds, browns, rusts, and the whole range of earth tones.

Enlarge the pattern, *below*, to size and transfer it to the background fabric with dressmaker's carbon. Bind the cut edges of the fabric with masking tape so that the burlap doesn't unravel.



1 Square = 1 Inch

Notes on color

All the colors used in this project were achieved by using onionskins (yellow, red, and mixed) and four different mordants (alum, chrome, copper, tin), yielding 8-10 subtly different shades from reds and browns to golds and greens. The yarn was mordanted in 1 lb. lots—each lot treated with one of the four mordants—and then divided into ¼-lb. skeins for dyeing in batches of yellow, red, and mixed onionskins. (The extra yarn was set aside for other stitchery projects.) For details on mordanting and dyeing, refer to *Notes on Natural Dyes* at the end of this how-to section. (Flannel fabric should be dyed before it is cut into strips for hooking.)

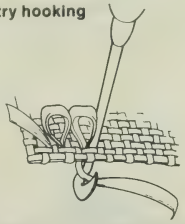
Colors were further differentiated by overdyeing some of the greens with a bath of indigo dye to intensify the greens, and overdyeing some of the gold/reds with a bath of cochineal (brewed in a brass pot) to heighten the reds.

Most importantly, the designer achieved the subtle shading of the stitchery version of the wall hanging by blending strands of different colored yarns in the needle as she stitched. Using 2 strands of one color and 1 strand of a third, or 1 single strand of 3 different colors worked together vastly increases the range of shades at the stitcher's disposal. The same effect is more difficult to achieve with hooking but can be approximated by varying the shades of strips from row to row.

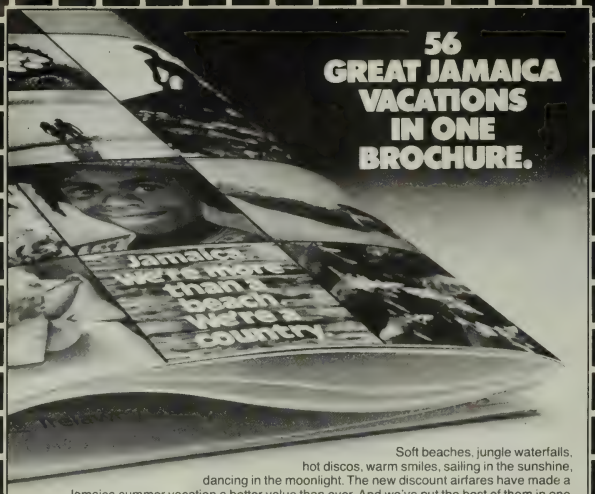
Notes on stitches:

1. For the hooked wall hanging, the stag, flowers, buds, and leaves are all worked in regular tapestry hooking technique (see diagram below).

Tapestry hooking



continued



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continued

Wall hanging



2. Chain stitches are used to embellish the stems of several flowers, and to outline some leaves. Chain stitches are also used to accent several petals on the left-hand side of the hanging. French knots accent the center of other petals, and turkey work is used for a soft, brushed effect on several of the leaves. The chain stitch, French knots, and turkey work are all picked up directly from traditional stitchery techniques. When used sparingly, these stitches work well to accent certain elements of the hooked tapestry. (Refer to stitch diagrams at the end of this section or a good embroidery reference for stitching the design.)

3. For the crewel/creative stitchery piece, the following stitch suggestions may be helpful:



Stag—worked in stem stitch with an accent of French knots in the antlers.

Flowers—worked in a combination

continued

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continued

Wall hanging

of split, satin, stem, seeding, long-and-short stitches, and French knots.

Buds—worked in Cretan stitch

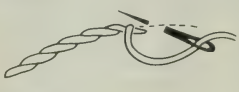
Leaves—worked in split stitch and coral knots.

Stems—worked in coral knot, stem, and chain stitch.

Refer to the stitch diagrams below. Feel free to experiment with stitches and color combinations as your fancy dictates.

Stitch glossary

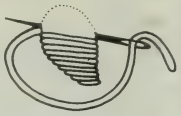
Stem stitch



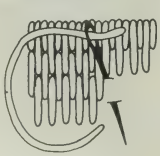
Chain stitch



Satin stitch



Long-and-short stitch



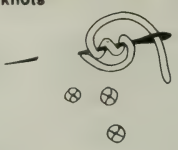
Split stitch



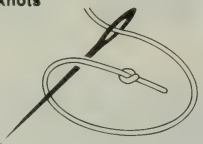
Seed stitch



French knots



Coral knots



Cretan stitch



4. To finish hanging, turn edges under 3 inches all around and hand tack to back of embroidery. Gently steam press the entire piece on the back, using a press cloth.

Notes on natural dyes, pages 45 and 207

Following is a brief introduction to the fundamentals of dyeing with natural plant materials. You'll find a bibliography of suggested further reading at the end of this section.

Harvesting and storing your natural dyestuffs

Begin by gathering plant materials found in your own yard or in neighboring fields or woods. Try anything that grows—flowers, leaves, berries, barks, roots, hulls and pods, grasses, weeds, stems, twigs, vines, and lichens. But do be ecologically minded—if you're just experimenting, pick only enough material to try. If you like a color, you can always go back for more.

Hot and moderately dry weather produces plants with the most potent color. The purest colors result from using fresh, good-quality materials picked just as they reach maturity. However, variations will occur in colors depending on climate conditions, geographical region, time of the year, and natural impurities in the material. No two dye lots will be identical, so if you're planning a specific project, be sure to gather enough material for it. Large paper grocery bags and shopping bags are perfect for gathering plant materials.

If you're not going to use the dye material immediately, you can preserve it by freezing or by drying in an oven set on the lowest temperature, or in the air by spreading a single layer on newspapers. Some color may be lost from drying, but little or no color loss results from freezing. Some blossoms such as goldenrod and dandelion can't be preserved and must be used fresh.

Finally, don't neglect kitchen cast-offs in your search for useful and interesting dyestuffs. Ordinary onion-skins, red cabbage leaves, and tea and coffee grounds are among the easiest materials to find and to use for dyeing.

Experimenting with color

The most abundant colors in nature are browns, yellows, and greens. You'll also find a wide range of oranges, violets, and natural hues. A permanent red is the most difficult color to find, which is why people for centuries have purchased a tiny dried insect called cochineal for reds. Similarly, you must buy blue dye which is traditionally imported from India. (See the listing of sources for dyes at the end of this article.)

Barks are a good source of browns—from light to deepest. It's best to collect barks in fall and winter. Inner bark used either fresh or dried gives the most potent color. Barks must be soaked overnight before using.

Some easy experiments for the beginning dyer will produce these colors: black walnut hulls—brown; Queen Anne's lace blossoms—lemon yellow; marigold blossoms—yellows and oranges; juniper needles and berries—apricots and rusts; dandelion leaves—green; dandelion blossoms—yellow; and onionskins—browns, rusts, and golds.

Be sure to keep a record of the plants you try and the colors you get. Some will be so unexpected and interesting you'll want to remember them, while others will be unsatisfactory so you won't want to repeat them. Be prepared for the fact that some plants will not produce a dye, even though they may color the dyebath. Other plants might produce colors that will fade over a short period of time (this is especially true of reds). But the sus-

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continued

Wall hanging

pense of waiting to see what you get is part of the fun.

Fibers for dyeing

All natural fibers can be dyed with natural dyes, though wool and silk accept the dyes most easily. Plant fibers such as cotton, jute, and linen will also take natural dyes but are handled somewhat differently. Man-made and synthetic fibers generally do not take natural dyes well, since they lack the cellular structure that absorbs dye.

The easiest material to dye is 100-percent wool. The yarn, fleece, or fabric must not have been mothproofed or processed in any other way that could cause it to resist color. Four-oz. skeins of white wool yarn (available in weaving and spinning supply shops) are a good choice for the novice dyer.

Mordants

Whether you dye yarn or fabric for a stitchery project, mordanting is a necessary step. A mordant is a substance used in dyeing fibers to fix the colors so they do not fade or bleed. It can be a metallic salt or an acid or alkali depending on the color you wish to achieve.

The beginning dyer should know four basic mordants:

1. *Alum* (aluminum potassium sulfate). This sets color but does not change it. Cream of tartar is usually added to alum to brighten colors. The wool after treatment is white.

2. *Chrome* (potassium dichromate). This brings out the yellow in colors. The wool after treatment is yellow.

3. *Copper* (copper sulfate). This intensifies greens. The wool after treatment is green.

4. *Tin* (stannous chloride). This brightens colors. The wool after treatment is white.

For each 4 ounces of wool you intend to dye, you will need the following amounts of mordants:

Alum: ¾ oz. (3½ tsps.) mixed with ¼ oz. (1½ tsps.) of cream of tartar.

Chrome: ¼ oz. (¾ tsp.)

Copper: ½ oz. (2 tsp.)

Tin: ⅛ oz. (½ tsp.)

For first projects you may want to limit yourself to one mordant. Alum (mixed with the required amount of cream of tartar) is a good choice because it never changes the original color in your dyebath but does make the color permanent.

Mordants may be purchased in small quantities from local drugstores or hobby stores, or from any of the mail-order sources listed at the end of this article. Mordants are not difficult to use, but they are chemicals and should be treated with caution and stored out of reach of children. This is especially true of chrome (potassium dichromate).

Knot identification

If you're working with more than one mordant, it is sometimes difficult to tell what mordant you have on the wool after it's treated or dyed. There is an easy, foolproof knot method for mordant identification. No knot indicates alum; 1 knot is tin; 2 knots are chrome; and 3 knots are copper. You merely tie the appropriate knot at the end of the yarn strand before dropping it into the mordant bath. Once the wool is dyed, you can always tell at a touch what mordant was used to achieve each color.

continued



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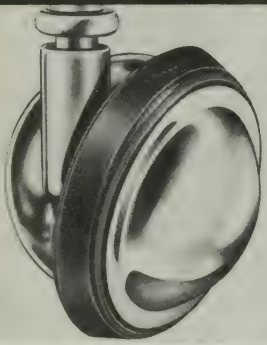
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Just one leaking toilet can waste up to 78,000 gallons of water each year due to a defective tank mechanism. Why go on wasting water? Write for your free Tune-Up Brochure.
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continued

Wall hanging

You may drop differently mordanted yarns into the same dye pot. They will not affect each other but each will dye a different color. When you use yarns with four different mordants, you will end up with 4 hues in close harmony, which will add intriguing subtleties to any stitchery project.

Directions for mordanting wool

1. Use a separate pot or kettle for each mordant. It should be large enough so the wool can be covered with water and stirred easily.

2. Fill pot with enough warm water to cover wool.

3. Dissolve mordant in the warm water *(always add chemicals to water).*

4. Add wool yarn (or fabric) which has been knotted for identification. Stir well.

5. Simmer for one hour (do not boil); be sure wool is completely submerged.

6. Remove wool when cool enough to touch and gently squeeze to remove excess water. The wool is now ready to dye and can be put directly into the dye. If you plan to dye the wool later, rinse it well in warm water and hang to dry. When you're ready to dye, the wool can be put directly into the dye pot.

Two things are of utmost importance in mordanting wool: *Carefully measure* mordants in relation to the amount of wool used, and *simmer* the wools a *full hour* for color permanence. (Although mordants can be put directly into the dye pot, the colors achieved tend to be muddy, so it is best to mordant your wool before dyeing it.)

Directions for dyeing wool

Use your kitchen range but be sure the kitchen is well ventilated. You probably already have the basic equipment you need right in your kitchen: (1) dye pot or kettle of stainless steel, enamel, copper, or brass (large enough so plant material can be covered with water); (2) Pyrex quart measure; (3) large stainless steel spoons; and (4) plastic measuring spoons for mordants.

For 4 ounces of wool use 2 quarts of plant material (such as onionskins) or 1 quart of hulls, wood, or bark in water to cover.

1. Simmer plant material for one hour in pot of water.

2. Remove plant material as thoroughly as possible (straining isn't necessary unless many small particles are left in the dyebath).

4. Simmer wool for one hour, stirring occasionally (do not boil).

5. Rinse wool in water of same temperature as dyebath to prevent wool from shrinking and becoming harsh.

6. Wash wool in lukewarm water with liquid dishwashing detergent, then rinse wool thoroughly and hang to dry in the shade. Now your yarn or fabric is ready to use.

Once you get involved in natural dyeing, you'll want to try more adventurous experiments—using other mordants or blending dyes by overdyeing. Unusual prepared natural materials not readily available in your area—such as cochineal or indigo—can be ordered from spinning and weaving stores, or you can order a catalog by sending 25 cents to: Nature's Herb Shop, 231 Ellis Street, San Francisco, California 94102.

For more information on natural dyes and dyeing techniques, including recipes for various dyebaths, refer to one of the books listed below:

Natural Dyes in the United States, Rita J. Adrosko. Smithsonian Institution Press, 1968 (Reprinted by Dover Publications).

Dye Plants and Dyeing—a Handbook. Brooklyn Botanic Garden, Brooklyn, New York 11225.

Nature's Colors: Dyes from Plants, Ida Grae. MacMillan Publishing Co., New York.

Vegetable Dyeing, Alma Lesch. Watson Guptill Publications, N.Y.

(Written in cooperation with Mary M. Spencer)

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THIRD IN A SERIES ON HOME OWNERSHIP

More Myths

MYTH 11

Young people are priced out of the home-buying market.

FACT Quite the contrary. Statistics show that young people make up the vast majority of home buyers today. Over 75% are under 40, and nearly a third are under 30. Rising household incomes have more than offset rising prices. And young buyers recognize that home ownership not only satisfies the needs of their growing families, but also provides an excellent investment for their money.

MYTH 12

Your asking price should be based solely on what you feel your home is worth.

FACT Emotional attachment to a home, combined with stories from the rumor mill, tend to make many sellers think their home is worth more than it really might be worth on the market. But if the price is set too high, your home might not sell. And every month that goes by will end up costing you that much more in mortgage payments, insurance costs, taxes and so on. To help you set the best asking price, check to see what comparable homes in your immediate area have actually been selling for; that is, their sale price, not their asking price. Your Better Homes and Gardens® member firm can help you get this valuable information.

MYTH 13

You are better off with a new mortgage than assuming an existing mortgage.

FACT An older mortgage will probably carry lower interest than the rates available on a new loan. What's more, you'll be building equity faster with an existing mortgage because more of your monthly payment goes toward principal, less toward interest. You may need a larger down payment with an existing mortgage, but it can be well worth it in the long run.

MYTH 14

If you must move often, construction quality of a home is probably not very important.

FACT Even if you have to move every year or two as the result of your job, you should look for quality of construction in any home you purchase. A poorly built home can cost you money even over a short period of time. It can cause needless expense for repairs, maintenance and wasted energy. Lack of quality in construction probably will show up sooner than you think. And it can mean serious repair and replacement bills. You should assume that any home you buy may be yours for an indefinite period, so consider the quality of construction accordingly.

MYTH 15

There's no reason for a home seller to be concerned with the buyer's financing.

FACT As the seller, you can avoid some of the frustration of waiting to find out if the buyer can get needed financing. Do a little homework on your own. Check with your own mortgage lender to see if your existing mortgage can be assumed by a qualified buyer. Ask your Better Homes and Gardens® real estate firm about the types and rates of financing currently available. And decide whether you can — or desire to — finance the purchase by carrying a mortgage yourself. This technique can be very helpful in getting that "Sold" sign in your front yard.

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Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

CREATE A WALL HANGING AS FRESH AS ALL OUTDOORS
Page 42: Naphtali pattern and dyed fabric for hooked wall hanging—Rittermere Crafts Studios, Ltd., P.O. Box 240, Vineland, Ontario, Canada. (Send $2.50 for catalog.)

THESE FAMILIES LIKE TO COOK—AND THEIR KITCHENS SHOW IT
Page 46 (left): Sinks—Elkay, 2700 So. 17th Ave., Broadview, Ill. 60153. Cooktop—JennAire, 3035 Shadeland, Indianapolis, Ind. 46226. Dishwasher—KitchenAid Division, The Hobart Mfg. Co., Penn Ave., Troy, Ohio 45374. Refrigerator—Amana Refrigeration, Inc., Amana, Ia. 52204. Tile on island top—Agency Tile Co., 979 Third Ave., N.Y., N.Y. 10022. Compactor—General Electric, Appliance Park, Louisville, Ky. 40225. Faucet in center island sink—Architectural Compliments, Lincoln, Mass. 01773. (Right): Oven—Thermador Division, Norris Thermador Corp., 5119 District Blvd., Los Angeles, Calif. 90022. Floor tile—Agency Tile Co., 979 Third Ave., N.Y., N.Y. 10022. Custom light and pot rack—P.M. Range Hood Co., Farmingdale, N.Y. 11735.
Page 48 (top): Refrigerator—Amana Refrigeration Inc., Amana, Ia. 52204. Barbecue grill—Charmglow Products, P.O. Box 617, Antioch, Ill. 60002. Faucets—Moen, 377 Woodland Ave., Elyria, Ohio 44035. (Bottom left): Tile on counter (custom made)—McIntyre Tile Co., 55 C Grant, Healdsburg, Calif. 95448.
Page 49 (bottom): Range—Wolf Range Co., 19600 So. Alameda, Compton, Calif. 90224. Faucets—Delta Faucet Co., Greensburg, Ind. 47240. Hood fan—Nutone-Scovill, Madison and Red Bank Roads, Cincinnati, Ohio 45227. Sinks—Just Mfg. Co., 9233 King St., Franklin Park, Ill. 60131.

BUILDING ON THE PAST RESTORATION OF A NEW ENGLAND TWO-STORY
Pages 120-121: Leather chairs—Stendig Inc., 410 E. 62nd, N.Y., N.Y. 10021. White Wassily chairs—Knoll International, 240 Greenwich Ave., Greenwich, Conn. 06830.
Page122: Chairs—Stendig (address above). Hanging lamp—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305.
Page 123: Place mats—Marimekko, Inc. (address below).
Page 125: Akari lamp—George Kovacs, 831 Madison Ave., N.Y., N.Y. 10021. Fabric hanging—Marimekko, Inc., 555 Madison Ave., N.Y., N.Y. 10022.

REBIRTH OF A WEST COAST FARMHOUSE
Page 127: Chrome armchairs—Brueton Industries, 315 East 62nd St., N.Y. N.Y. 10021. Table and floor lamps—George Kovacs Lighting Inc., 831 Madison Ave., N.Y., N.Y. 10021. Serigraph over fireplace—ADI Gallery Inc., 530 McAllister St., San Francisco, Calif. 94102. Couch cushions—Den Van Gallery, The Ice House, 151 Union St., San Francisco, Calif. 94111. Occasional tables—New Dimensions, 2130 Polk St., San Francisco, Calif. 94109.
Page 128: Comforter—Desley Fabrics, Inc., 5750 Peachtree, City of Commerce, Calif. 90040.

OLD-FASHIONED COOKING: SALT-CURED HAM
Page 146: If you prefer to buy a salt-cured ham but are unable to obtain one locally, you can order one by mail. Write Callaway Gardens Country Store, Pine Mountain, Ga. 31822. Georgia-cured, hickory-smoked hams, weighing 14 to 16 pounds, are available for $45.85 each.

PRIZE TESTED RECIPES
Page 153 (left): Platter—Mitteldorfer-Straus, Inc., 41 Madison Ave., N.Y., N.Y. 10010. (Right): Pie plate and holder—International Silver Co., 500 S. Broad St., Meriden, Ct. 06450.
Page 154 (left): Pie plate—The Pfaltzgraff Co., 140 E. Market St., York, Pa. 17401. (Center left): Plates, cups, saucers "Strata"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204. (Center right): Platter and plate "Harmony"—Hutschenreuther Corp., 100 Shaw Rd., Branford, Conn. 06471. Sauceboat "Sansurf"—H. Wittur (address above). (Right): Gravy boat—H. E. Lauffer Co., Inc., Belmont Drive, Somerset, N.J. 08873.

HOMEMADE FLOUR FROM OATS
Page 185: Oster miniblender and blades—Oster Corp., 5055 North Lydell Ave., Milwaukee, Wis. 53217.



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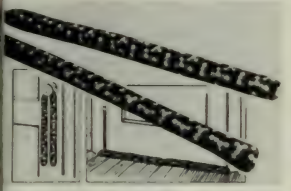
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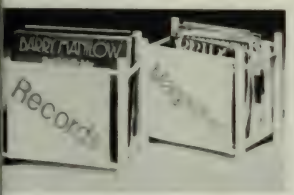
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— Ann Lively



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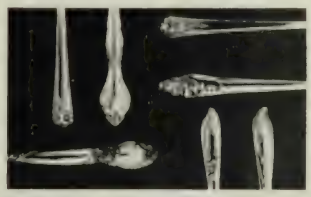
Color-a-card greetings

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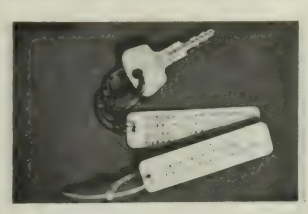
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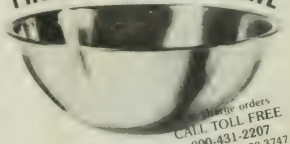
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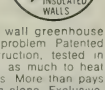


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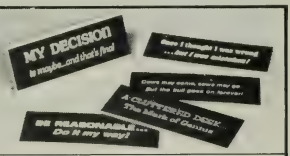
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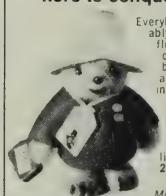


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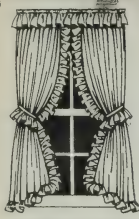
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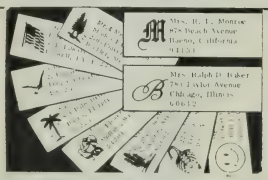
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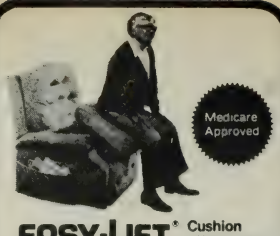


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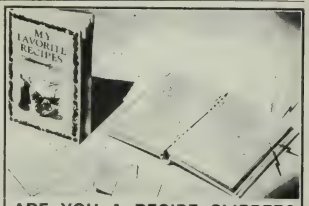
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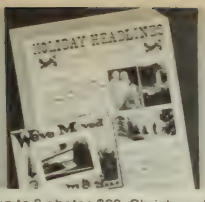
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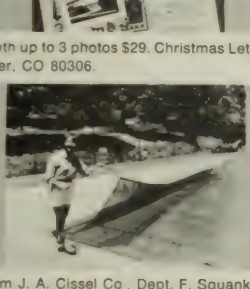
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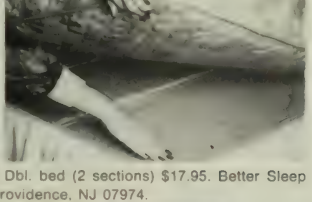
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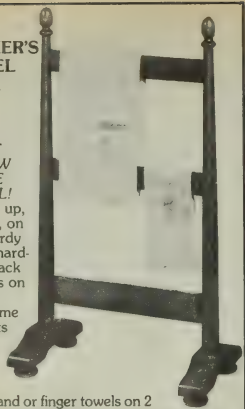
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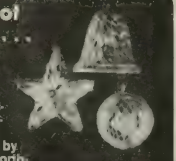
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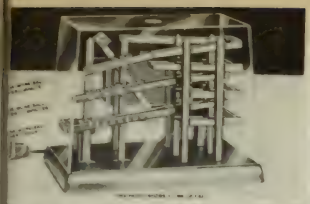
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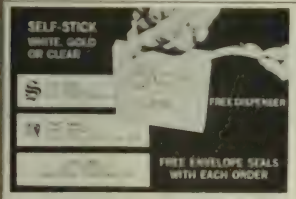
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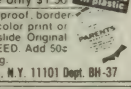
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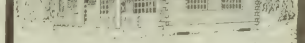
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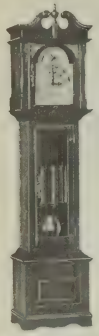
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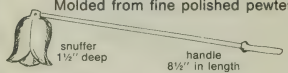
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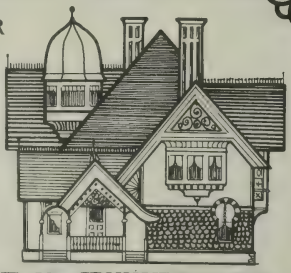
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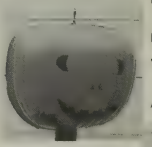
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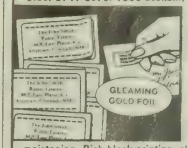
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1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.

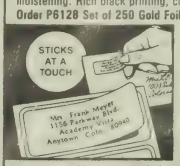
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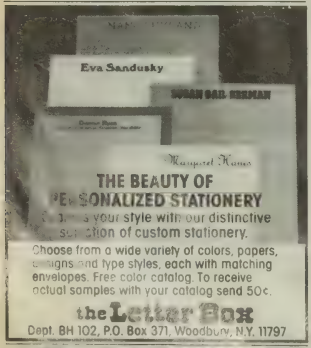
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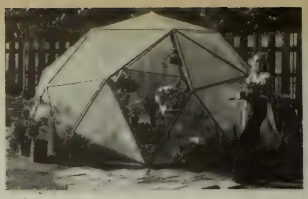
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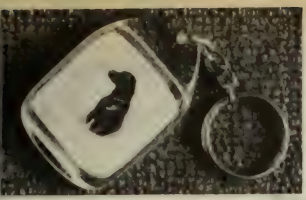
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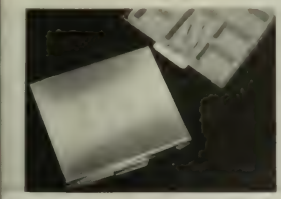
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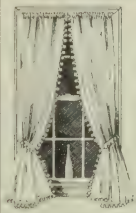
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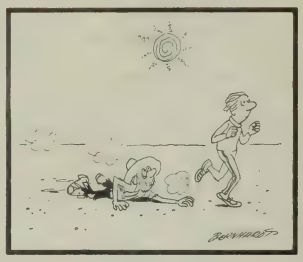
Observing our bird-watching friends has taught me that their rivalries can be intense. If Elaine Cowan gloats over a rare woodpecker at her feeder, Dick Dresch is compelled to top her with a pair of evening grosbeaks.

Grandma Hillis is merciless when judging contemporary art. She told us the other day that some of the hand-thrown pottery at our community folk festival looked as if it hadn't been thrown nearly far enough.

Inflation strikes again: Our Judy, age 11, reports that she's forsaken the ever-shrinking penny gumball for the still-substantial nickel variety.

Christine came home a little amazed and vexed at herself Saturday. She'd gone shopping for a few serving pieces and wound up buying a complete new set of dinnerware. I reserved comment, but I have to admit that I bought my first complete set of power tools the day I decided that an electric drill would be handy.

Nothing restores my faith in the rightness of God's world more than seeing bushel baskets of lustrous, scarlet apples set before the roadside stands at this time of year.



Uncle Dodd Buckner sardonically notes that he sees a silver lining in the gasoline situation. He says he now has a good excuse for not attending a lot of "silly meetings" he didn't want to go to anyhow.

The Rev. George Hall calls a sense of humor the lubricating oil that keeps mankind running smoothly. "Without it," he says, "we moan and groan and unnecessarily wear on each other's nerves."

After a recent meeting of our civic club, John Blake suggested we add a "gag rule" to the club bylaws. John, who's never been one to mince words, tersely summarized the long-winded speakers this way: "Inadequately developed terminal facilities."



"I'll tell you what I'm nostalgic for. Cheap sirloin steak at 48 cents a pound, that's what I'm nostalgic for."

Editor Earl Reeves sometimes frets that all the demographic data on population and economic trends are transforming his newspaper into a statistical abstract.

I admit that I usually pass over such dry reports and move on to more colorful stories. But the impact of one of those population trends was brought home to me by an item in last evening's paper. It seems the declining birth rate has reduced the number of school-age children in our community as elsewhere. And because of that situation, the old Pine Street Elementary School that our Rosemary attended as a youngster will close at the end of the school year.

It's hard to believe that the dearth of classroom space that plagued our town just a few years ago has completely vanished. Pine Street parents protested angrily when the closing first was suggested, and the issue became a political football for the school board. Yet closing the school was the only real alternative for our financially pinched school district.

The Pine Street students will attend two other fine schools. But it's still saddening for the parents who took such pride in supporting school activities, and for the children who will miss many of their former classmates, and for the faculty (all of whom fortunately have found positions at other schools).

I think the Pine Street School issue has prompted many citizens of our town to reflect on just how valuable a school can be as a neighborhood focal point—something our rural friends learned a few years back when "consolidation" became such an issue.

I'll send the newspaper clipping to Rosemary at college; I'm sure she'll want to know that her grammar school "alma mater"—with its noisy playground, graffiti-marked walls, and windows filled with crayoned drawings—will be boarded up, awaiting an uncertain future.

But that's the impact of demographic change for you.

Burton Hillis

CIRCULATION 8,000,000
November 1979 • $1

Better Homes and Gardens®

Money: What to do if you're overextended
Holiday Crafts: A choir of angels to stitch and stuff

Food: Company's coming! A weekend of great meals

Education: When your child gets a really bad teacher
Country-style decorating • Kitchen cabinet face-lifts



Festive Cranberry Torte
recipe inside page 2

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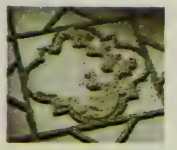
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INLAID COLOR: A BEAUTIFUL DIFFERENCE YOU CAN'T MISS.

Most vinyl floors have their colors and patterns just printed on. But Designer Solarian is different. And that difference is called Inlaid Color. It's Armstrong's exclusive process that builds up the color and pattern with thousands of varicolored vinyl granules. The result is a richness of color and a uniquely "crafted" look that no printed flooring can begin to match.

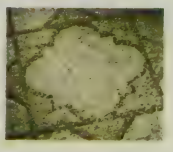


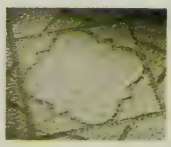
1 Inlaid Color begins with the precise placement of varicolored granules onto the backing



2 gradually building up the design—color by color, shade by shade.

3 Once the pattern is complete, intense pressure and heat are applied—fusing it into a solid inlaid vinyl





4. And when the Mirabond® wear surface is applied, the Inlaid Color is sealed with a lasting protection and shine.

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How to make the FESTIVE CRANBERRY TORTE on our cover

The frosty, refreshing dessert shown below and on our cover makes a spectacular finale for any special dinner, holiday or otherwise. And this impressive torte is hassle-free because you can make both the frozen torte and the tangy cranberry glaze ahead of time.



Photograph: Sladcik. Food Stylist: Paulson Picture Foods

FESTIVE CRANBERRY TORTE

1½ cups graham cracker crumbs
½ cup chopped pecans
¼ cup sugar
6 tablespoons butter *or* margarine melted

• • •

1½ cups ground fresh cranberries (2 cups whole berries)
1 cup sugar
2 egg whites
1 tablespoon frozen orange juice concentrate, thawed
1 teaspoon vanilla
⅛ teaspoon salt
1 cup whipping cream
1 recipe Cranberry Glaze
Fresh orange slices, quartered

In a mixing bowl combine graham cracker crumbs, pecans, the ¼ cup sugar, and the melted butter or margarine; press onto bottom and up sides of an 8-inch springform pan. Chill.

In large mixer bowl combine cranberries and the 1 cup sugar; let stand 5 minutes. Add unbeaten egg whites, orange juice concentrate, vanilla, and salt. Beat on low speed of electric mixer till frothy. Then beat at high speed 6 to 8 minutes or till stiff peaks form (tips stand straight). In small mixer bowl whip cream to soft peaks (tips curl over); fold into cranberry mixture. Turn into crust. Freeze firm.

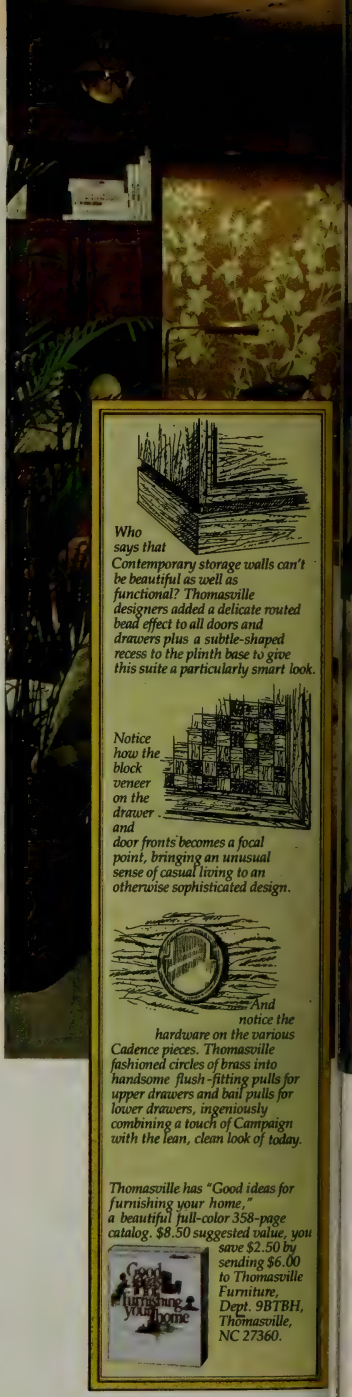
To serve, remove torte from pan. Place on serving plate. Spoon Cranberry Glaze in center; place orange slices around outside. Makes 8 to 10 servings.

CRANBERRY GLAZE

½ cup sugar
1 tablespoon cornstarch
¾ cup fresh cranberries
⅔ cup water

In saucepan stir together sugar and cornstarch; stir in cranberries and water. Cook and stir till bubbly. Cook, stirring occasionally, just till cranberry skins pop. Cool to room temperature (do not chill). Makes 1 cup.

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Who says that Contemporary storage walls can't be beautiful as well as functional? Thomasville designers added a delicate routed bead effect to all doors and drawers plus a subtle-shaped recess to the plinth base to give this suite a particularly smart look.

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And notice the hardware on the various Cadence pieces. Thomasville fashioned circles of brass into handsome flush-fitting pulls for upper drawers and bail pulls for lower drawers, ingeniously combining a touch of Campaign with the lean, clean look of today.

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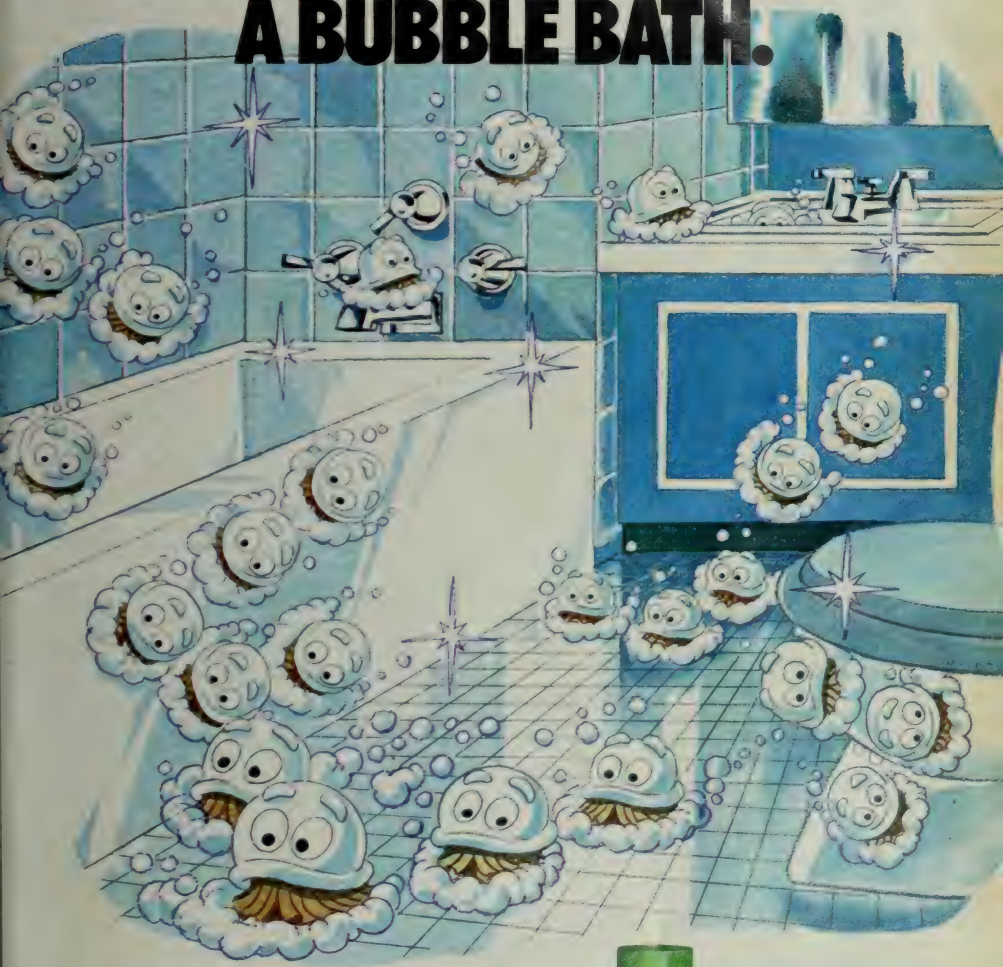


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A LOT OF MEALS.
BUT NOT A LOT OF MONEY.

Hormel

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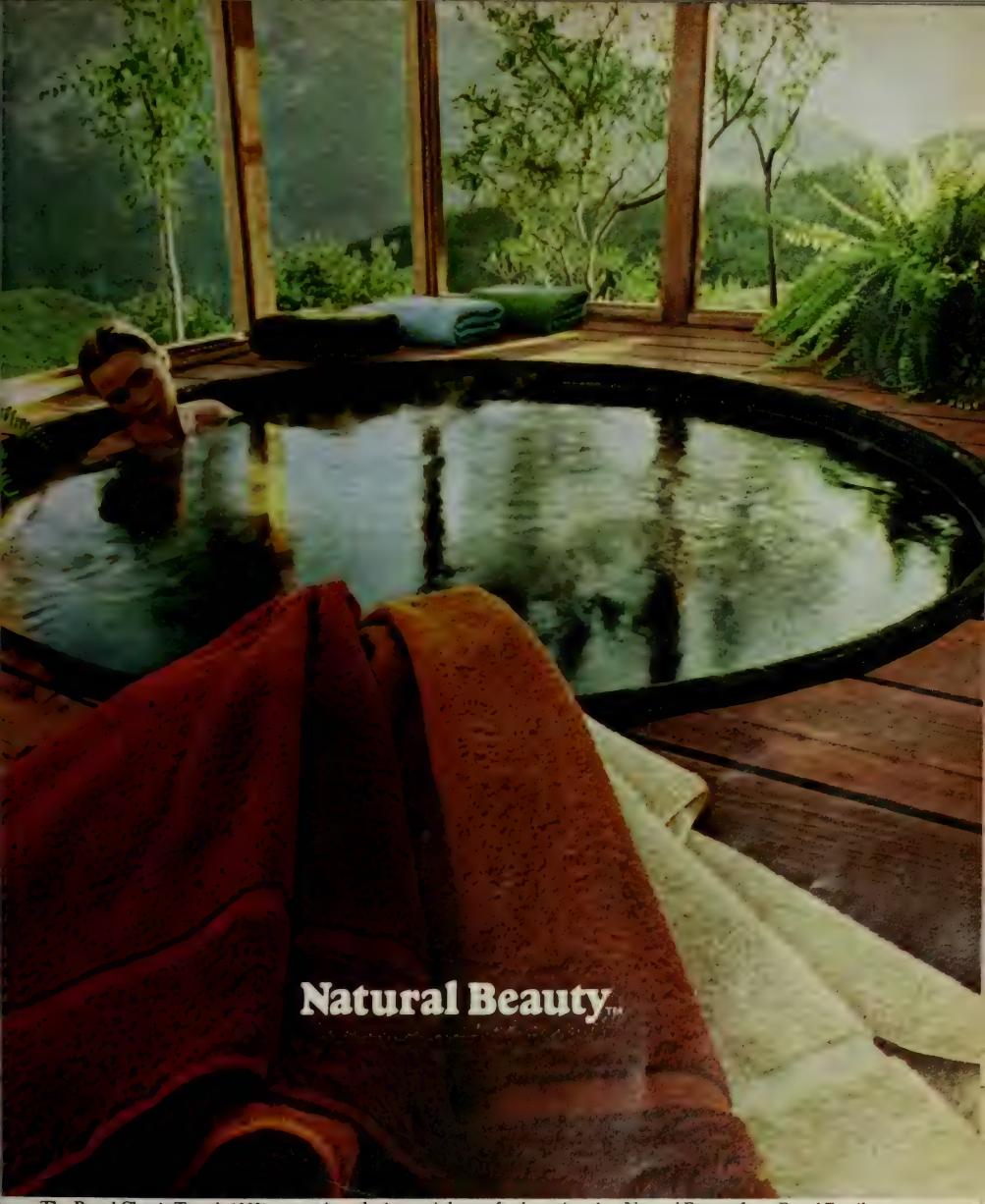
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elephone Rings)

ool-Line Consultant: Whirlpool Cool-Line. May I help u?

an: I certainly hope so. I rush home from work, gobble wn dinner, pack the kids in the wagon and head out to ck up our new Whirlpool washer. Then back home, hook all up and...nothing.

onsultant: Nothing?

an: Absolutely zotz. Our four year old can make the or open and close, but that's all. So now, the store's osed, my wife's really steamed and I'm not too thrilled yself. Now what are you gonna do about it?

onsultant: Our Cool-Line service is here to help get ings working for you. Let's run through a quick check- t. First, now don't get mad, did you plug it in?

an: We're not that dense.

onsultant: Both water lines hooked up d the water turned on?

an: Of course.

onsultant: And you set the dial to gular wash and pulled out the control ob?

an: Look, the washer really doesn't rk! Might take the repairman whole day to fix it.

onsultant: Might take just ew minutes. You see, hirlpool appliances e designed to make rvicing as quick and sy as possible. t before you call service, let me k you one more question.

an: Shoot.

onsultant: Why did you buy a new washer? What was wrong with the old one?

Man: It was really on the fritz. Blowing fuses and stuff. The service guy said it was hopeless.

Consultant: Is there any chance that old washer blew a fuse one last time without your knowing it? Will you check?

Man: Oh my aching...hang on. (MINUTES LATER) This is embarrassing. All we needed was a new fuse. I'm sorry I hassled you.

Consultant: Sorry you had trouble. Glad we could help.

Man: Hey, thanks again.

This is the kind of two-way communication we've been having on our Whirlpool Cool-Line service for the past eleven years. It's just one example of the continuing concern we have for customers who purchase quality Whirlpool appliances.

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In fact, Hanes thinks washing right is so important, they're sewing a special care label inside their underwear. It will approve the use of All-Temperature Cheer, and remind you to wash in the right temperature.

Cheer. It's three temperatures, one detergent. Because the kind of clean you get with All-Temperature Cheer can help keep those boxer shorts looking like champs.



All-Temperature Cheer. Cleans in the right temperature hot, warm, or cold.

Cheer has agreed with Hanes to feature their garments in Cheer advertising.

Margaret Daly



When your child gets a really bad teacher

• Tom just didn't want to go to school. Until this year, he'd always liked school. But now, in the fifth grade, something was wrong. Almost every morning he was reluctant to get out of bed and often complained of headaches. Tom's parents finally coaxed the truth out of him: He "hated" his teacher.

• Three weeks into a new school year, Lori came home from high school and announced she wanted to drop her third-year Spanish course. Her parents were perplexed. Over the past two years she'd gotten good grades in Spanish and seemed to enjoy the language. The problem? She just couldn't stand the "creep" who was teaching this year.

• Karen was a silent sufferer. It was obvious she wasn't as happy with school as usual. But her grades remained good, and she continued to go off to school every morning, morose but without complaint. Then one afternoon she came home in tears, and her parents learned for the first time that Karen's elementary school classroom was chaotic: Her teacher apparently couldn't maintain discipline.

These youngsters may be victims of an uncommon but terribly frustrating aspect of mass education—incompetent teachers. Over the 13 years between kindergarten and high school, most children will have more than 30 different teachers. Some will be good, even superior. Others will be only adequate. Occasionally, one may prove to be bad—for all children or just a particular child. After all, there are more than two million elementary and secondary school teachers in the country, so inevitably they range in competence from superb to inept.

What should you do if you suspect that your child has a poor teacher? Many school superintendents, principals, and local school board members who are familiar with parental complaints about teachers agree that the way parents react will help determine how quickly and effectively their child's problem is alleviated or resolved.

Schools today are generally more responsive to parental concerns than ever before, partly because parental support is crucial at budget time. Also, many schools use parents regularly as volunteer aides. A sense of shared responsibility is growing among school personnel and parents. Parents with legitimate complaints no longer need feel antagonistic or intimidated.

Getting the facts

When you suspect that your child may have a bad teacher, your first reaction as a parent and taxpayer probably will be anger. After all, this is your child who apparently is being hurt by a teacher paid in part by your tax dollars. You have every right to expect more than a negative return on both your human and your financial investments. However, don't get emotional and jump to conclusions. At this point, your information is limited and one-sided: You know only what little your child has told you. There could be distortions in the child's version, and perhaps it is wrong altogether.

Begin with some homework of your own. Probe below the surface: Specifically, why does Tom "hate" his teacher? Precisely what does Lori mean when she describes her teacher as a "creep?" Ask Karen to discuss her classroom environment in detail. Try to determine if it's really the teacher who is the problem. Children often use their teachers as scapegoats for other school-related problems. You may discover that it's one or more classmates or older children who are making your child's life at school miserable. Ask your child to cite specific examples of the teacher's wrongdoing.

Going to school

If, after careful probing, you suspect that your child's problem could be the teacher, your next move is to call or visit the school and make an appointment to confer with the teacher. At this stage you're still fact-finding, so keep an open mind. Review with the teacher what you have learned from your child. Ask for the teacher's opinion of the situation—and if the teacher cites your child's academic problems or classroom misbehavior, ask for specific examples.

Your ultimate objective (presuming you decide the teacher is basically at fault) is either to change the teacher's behavior or have your child assigned to another teacher. Most teachers will try to do something about your concerns. They don't want you to make any more waves than necessary, nor do they want to be labeled as failures. What's more, they may genuinely be puzzled by your child's allegations.

Depending on the circumstances and the teacher, you might encounter some variation of one of the following typical reactions:

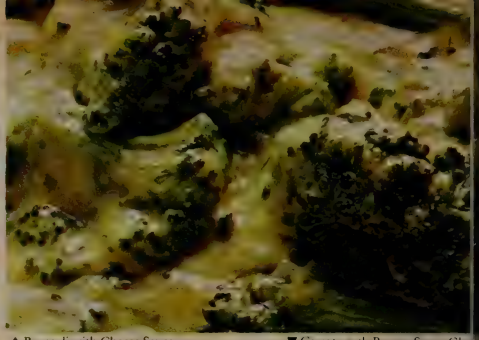
• *Blame the child.* "Tom is something of a troublemaker." (Or, "Tom isn't as bright as he thinks he is.") "He's a

continued

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disruptive element in the classroom. I have to keep after him. Perhaps you can help straighten him out."

- *Real or contrived surprise.* "Lori is unhappy? I don't understand it. She's a good student, even if she is something of a smart aleck. You should talk to her about that."
- *Despair.* "Karen's OK, but the rest of those kids drive me out of my mind. I just can't find the time for poor Karen. Maybe you can help her more often at home."

Negotiating and observing

Now that you've heard from the teacher, you still may not be sure who's at fault. Before giving up on the teacher, try two simple techniques that may improve the situation. The first is to negotiate the best possible arrangement with the teacher. Ask for his or her cooperation in helping to improve circumstances for your child. Pledge to do your share at home. Tell the teacher you intend to monitor progress by talking to your child every day about what happened at school.

The second technique you can use is to visit the classroom during the regular school day. Tell the teacher you'd like to come in some time and observe the class. When you do, sit in the back of the room and watch how the teacher conducts the class. Pay particular attention to what educators refer to as

When your child gets a really bad teacher

verbal skills—how well the teacher communicates with the class as a whole and with individual pupils. Many educational researchers believe that the single most important characteristic of a teacher in relation to pupil achievement is verbal ability.

At the same time, keep in mind that teachers vary in style and strengths. Some may be strict disciplinarians; others may believe in a fairly free-wheeling classroom atmosphere. Some may follow exact study plans; others may encourage individual planning on the part of the pupils. Some teachers may feel more comfortable with just a verbal approach to lessons; others may prefer using games and do-it-yourself projects. The right teacher or teaching method for some pupils may be wrong for others, and different approaches may work at different times with the same pupils. In observing your child's class, try to evaluate the teacher's ability to adapt his or her personality to the needs of the class.

Considering the options

You have discussed your child's problem with the teacher, tried to negotiate a settlement, and observed the teacher in action. Now you're in a better position to assign blame. If you are convinced that your child is not the problem, what next?

You have two options. You can meet again with the teacher and keep trying to work out a mutually agreeable solution: Or, you can seek to have your child transferred to another class. This means dealing with the school principal or perhaps with a guidance counselor. Be sure to inform your child's teacher of your intention in advance, but keep in mind that the legal responsibility for assuring competent instruction rests with the school administrator.

Schedule a conference with the principal or counselor. Insist that you meet with him or her alone—without the teacher (or others) being present. Review the facts you've gathered and the efforts you've already made to help your child. Unless you're convinced that the teacher is bad for all children —a very serious charge—make it clear that you believe only that the teacher is wrong for your child at this time. Ask that the child be transferred to another class.

The principal may suggest alternatives to a transfer, and you may be willing to explore one or more of them. But make it clear that if you are not satisfied with the results, you will in-

continued

How one school district handles unsatisfactory teachers

In Salt Lake City, parents who believe their child has a poor teacher can initiate a formal evaluation process that may lead to teacher improvement or dismissal. The six-year-old plan was developed cooperatively by the Salt Lake City School District and the local teachers association, an affiliate of the National Education Association.

Under this plan, parents who question the competence of their child's teacher can request a "Review of Services." Superintendent of Schools M. Donald Thomas then appoints a learning specialist to investigate. If the allegations are verified, the teacher may be placed "on remediation." A committee is then appointed by Thomas to help the teacher resolve the problem. Two members of the committee are drawn from the District's administrative staff and two from a list submitted by the teachers association. The committee evaluates the teacher in accordance with several predetermined performance standards.

For five months the remediation assistance team works closely with the teacher and provides whatever assistance is necessary. At the end of the five-month period, the team recommends that the teacher be retained or terminated. If the teacher stays on the job, all materials related to the incident are destroyed.

Thirty to 40 reviews are conducted each year in Salt Lake City, which has a teaching staff of about 1,100. Fifteen to 20 teachers are placed on remediation. Of these, about half are remediated, a half dozen resign voluntarily or take early retirement, and about four or five are terminated. Over the years of the program, about 30 teachers have been terminated. "And we have never had one of them take us to court," Thomas reports. The same process also applies to administrators.

Thomas calls the system an equity program, "a self-policing process" that works well primarily because teachers support it. "They don't want unsatisfactory teachers around any more than parents do."

The process is facilitated in Salt Lake City by the fact that Utah does not have tenure laws, Thomas says. Still districts throughout the country are looking at the plan, and it has been adopted in a few districts with tenure laws, such as the Santa Clara and Pajaro Valley Unified School Districts in California.

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continued

Bad teacher

sist that your child be transferred to another class.

Getting tougher

If the principal is unable or unwilling to provide a satisfactory solution to your child's problem, you may have to get a lot more insistent. You probably won't have to go this far, but the next steps are, in turn, the superintendent of schools and the local school board. Don't give up. Be tenacious.

Some problems with ineffective teachers may be resolved early on. Others may be more serious, requiring the placement of your child in another class. In extreme cases, the only solution may be the replacement of the teacher—a job for the school administration, not parents, of course.

Remember: Your objective is to change your child's situation as quickly and painlessly as possible. Your chances of success usually will be better if you approach the problem from the perspective of trying to help the child rather than "get the teacher."

Unless the problem is unusually serious—a case of gross teacher misconduct or negligence, for example—you probably shouldn't try to have the teacher fired. The outright dismissal of experienced teachers for incompetence is rare. Two factors—the growing strength of teachers unions and the existence of tenure laws in 46 states—protect most teachers from dismissal actions that could be considered arbitrary. Tenure laws provide for continued employment of teachers and other civil servants who maintain minimum standards of behavior and competency.

Efforts to fire teachers usually entail lengthy and costly due process procedures. To protect teachers from being ousted for political or personal reasons, most tenure laws require that a great deal of comprehensive documentation be presented, and "incompetence" is often only loosely defined by those laws. As a result, most school administrators deal with bad teachers by trying to talk them into leaving or move them into a position where they can do little harm.

—John Chaffee, Jr.

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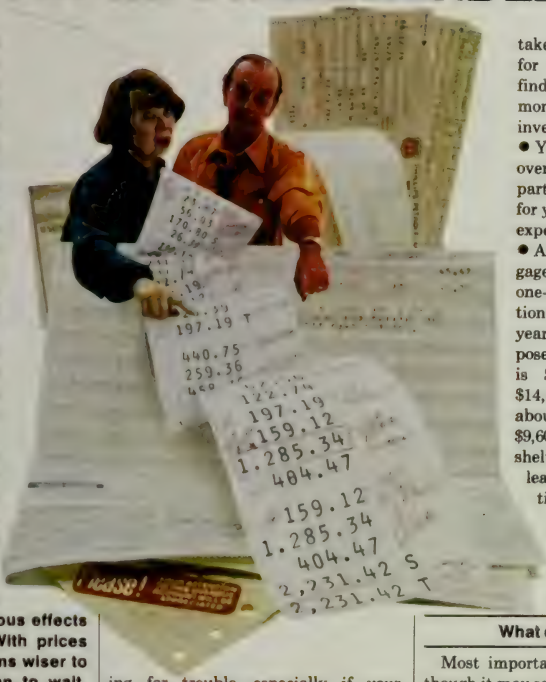
WHAT TO DO IF YOU'RE OVEREXTENDED

The symptoms are all too familiar: Panic when you sit down to pay the bills. A rash of "second notices" in the mail. The nagging sense that you're always robbing Peter to pay Paul—more specifically, invading savings to meet the next car payment.

As a nation, we've committed almost 23 cents of every dollar of take-home pay to cover ongoing debts. Yet many families are free of debt, while others flounder.

Getting in over your head doesn't necessarily mean you've been profligate with credit. In some cases, job loss or serious illness can catapult people into financial disaster. And don't overlook the insidious effects of inflation on us all. With prices sure to rise, it often seems wiser to buy now, on credit, than to wait. Inflation hits as well when food, energy, and other necessities take an ever greater bite of the budget, squeezing in on fixed-payment commitments like the mortgage and installment loans.

Whatever the cause, how can you tell if you're dangerously overextended? What can you do to bail out and stay out of debt for good?



How to tell you're in trouble

Different families feel the pinch in different ways. Any of these signs may signal difficulties for you:

- More than 20 percent of your take-home pay every month is going to installment and other kinds of loan repayments, with the exception of your mortgage. Financial counselors say that ten to 15 percent is manageable for most people. If you're paying out more each month, you may be heading for trouble—especially if your mortgage payments amount to more than 25 or 30 percent of your take-home pay.
- You're borrowing to pay routine expenses—taking cash advances consistently on your checking account to pay for groceries, for example, or borrowing anew to pay off old loans.
- You find you must tap your savings just to meet household expenses.
- You pay revolving credit accounts (like store charge accounts and bank card bills) with the minimum amounts required each month. In the meantime, your overall debt on revolving accounts is on the rise.
- You find you're alternating payments to creditors—paying one creditor one month, another the next, and back again.
- You're receiving lots of "second notices" on your bills.
- You have less than three months' take-home pay in savings for emergencies, and you find it impossible to set money aside for savings or investments.
- You're depending upon overtime or additional part-time income to pay for your ongoing household expenses.
- Aside from your mortgage, you owe more than one-third of your discretionary income for the year. In other words, suppose your take-home check is $1,200 a month, or $14,400 a year. You spend about $800 a month, or $9,600 for the year, on food, shelter, and clothing. That leaves $4,800 in discretionary income. If your outstanding debts are for more than $1,600 (that's one-third of $4,800), you may be in trouble.

What can you do?

Most important, don't panic, even though it may seem that your creditors are beating down the door. (If they are, you have some rights; see box.)

Your first step is to analyze the problem. Where, indeed, has your money been going? Take out your checks and other pertinent receipts for the past few months, and map out what you have spent. Along with accounting for necessities and loan payments, try to account for out-of-pocket and other hidden expenses—magazines and newspapers, for example, or lottery tickets.

Also list your monthly income—take-home pay, not gross wages. Then compare your income with your outgo, to see how tight the pinch really is. Be sure to make your analysis with your spouse or whoever shares the budget job in your household. It's important to talk over priorities and agree on a

continued

Photograph: Kuhn-Garmon

continued

If you're overextended

family financial plan together.

Next, take a close look at where you might cut expenses. Start by resolving not to charge anything more or take out any new loans until you get your debt picture in line again. If necessary, cut up all your credit cards. (That's the first action credit counselors take for many of their clients who are in serious trouble.) Get used to paying with cash for a while.

Handle credit commitments

Even with your spending pared to the bone, you may find you're still engulfed in debt. In that case, don't hesitate to talk things over with your creditors. Explain the situation and tell them how you plan to tackle the problem. Often they will agree to extend the time period of the debt, let you pay interest but not principal for a couple of months, or rearrange your payments in some other way that will ease the strain yet still get the debt paid off.

If you have an assortment of debts, you may be tempted to take out a "consolidation loan" to simplify matters by having just one loan payment to make each month. Go slowly. Consolidation loans have a way of costing a lot and dragging on indefinitely. (People seeking professional counsel typically have taken out consolidation loans to *consolidate* consolidation loans.)

Also be wary of "pyramiding" loans —borrowing to pay for something new even before you've paid off the old loan for a similar purpose. Vacation loans are a good example; don't borrow to finance your next vacation until you have paid off the last one.

Seek professional help

In most major urban and suburban areas in the country now you can find expert aid through "consumer credit counseling services" (that's how they're usually listed in the Yellow Pages). Their professionals will help you set up and manage a realistic budget. They talk with your creditors, if necessary, and try to work out payment plans that put less pressure on you. The credit counselors also may set up a formal debt liquidation program with your consent: You turn over some or all of your pay each month for direct distribution to your creditors until your debts are paid.

But make sure you're dealing with a legitimate credit counselor. Some unscrupulous folks advertise debt counseling but actually keep a big slice of your funds as a fee for services—enough to push you over the brink if you're not there already. These people may be in the debt consolidation business, too, and they often charge very steep rates of interest.

Your best bet is to find the legitimate credit counseling service closest to you. Write the *National Foundation for Consumer Credit, 1819 H Street, N.W., Washington, D.C. 20006,* whose affiliates are staffed by professionals and charge little or nothing for their services. Also inquire through your bank, union, credit union, church, local family service agency, or other familiar institutions for information about financial counseling.

What about bankruptcy?

It's the last resort—you should avoid it, if possible. The stigma can remain with you for a long time, and your credit record will show the bankruptcy for up to 14 years.

True, some lenders may extend credit right away again, since they know that you are relatively free of debt after bankruptcy and cannot by law go bankrupt again for six years. But these lenders probably will charge stiff interest rates for loans or require collateral (such as your car or furniture, which can be repossessed if you miss a payment).

Bankruptcy does not always free you of debt, either. Obligations such as alimony, child support, and federal loans (including student loans) are still payable under the law.

State statutes vary about what property can be exempt from sale in order to satisfy bankruptcy requirements.

continued on page 37

IF YOU'RE HOUNDED BY BILL COLLECTORS

The Fair Debt Collection Practices Act of 1978 outlines what bill collectors can and cannot do to get money from you. Even though the law applies only to independent bill collectors (not the creditor himself or his lawyer), complaining about pressure tactics to the creditor may help. And don't hesitate to complain to your local consumer protection agency if an independent bill collector subjects you to any of the following illegal abuses:

- The bill collector threatens to tell your employer or friends that you cannot pay your debts. Under the law, he may not contact your employer without your permission, except to verify that you work there or find out where you live.
- He calls you late at night or makes a rapid series of calls. He *is* allowed to call you between 8 a.m. and 9 p.m., at home and at work, at reasonable intervals. But you can get him to stop calling at work by telling him the calls are jeopardizing your job. He then must stop calling there. Follow up with a letter making the same statement.
- He sends you letters that sound or look as though they are from a credit bureau or government agency. Or he sends notices that look like court summonses.
- He uses abusive language when speaking to you in person or over the phone.
- He tries to collect more than is due the creditor.
- He misrepresents himself. He might pose as a repairman to gain entry to your house and then note—or take—something of value. Another ruse is to act as a survey-taker interested in financial matters. Information you give him about assets could be used against you.
- He continues to contact you after you have informed him, in writing, that you want him to stop, or that you have turned the case over to a lawyer. Once you write such a letter, the bill collector is allowed to contact you just once more, to inform you of what further legal steps he may take to collect.



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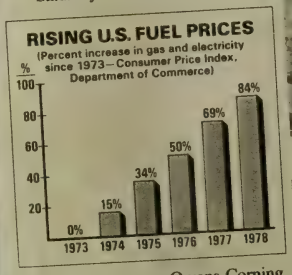


"Saving energy is easier than I thought," says Toledo homeowner.

TOLEDO, OHIO—"I was sick and tired of paying sky-high fuel bills," says Mr. R. Jenkins, "and I finally found a way to fight back."

Mr. Jenkins is referring to what he calls his "afternoon in the attic."

"Saturday morning I went out and bought some more Owens-Corning Fiberglas insulation. That afternoon I installed it myself. I figure with what I save on energy, the insulation will pay for itself over the next few years."



Part of a Trend

A lot of homeowners are installing insulation, spurred by soaring fuel prices (see chart).

As Mr. Jenkins says: "I already had insulation, but it was installed before fuel was so expensive. In my attic, *more* insulation will save *more* energy."

Mr. Jenkins has brought the levels of insulation in his attic up to the full 12" recommended for his area. "It was pretty easy," he says. "The insulation

(Continued on page C-11)

Tight Gas[illegible]e Supplies Expected This Year

The energy battle is being waged all across America.

As the cost of energy goes up, homeowners are searching for places to conserve. And they find that the attic is a good place to start.

Even those attics which already have some insulation allow small amounts of heat to escape in the winter, and enter in the summer. As long as energy was cheap, this waste didn't matter.

But today, energy isn't cheap. So you may need more insulation.

In severe climates, an attic may need up to a *foot* of Owens-Corning Fiberglas* insulation, with insulating power of R-38. (R stands for resistance to heat. The higher the R-value, the greater the insulating power.) Even in balmier climates, attics usually need a minimum of six inches (R-19).



Your Owens-Corning dealer or contractor can help you figure the exact amount you need, depending on climate, type of fuel, and various other factors.

So if you're tired of paying sky-high fuel bills, talk it over with him. He'll help you do battle.

*T.M. Reg. O.-C.F. Corp. ©O.-C. F. Corp. 197

continued from page 32

If you're overextended

Generally, there's a homestead exemption, up to certain limits, on the value of the house. You might also be allowed to keep your car, tools you need for work, and some personal property.

The better recourse may be to file for a "wage-earner plan" under Chapter 13 of the Bankruptcy Act. That way, you avoid total bankruptcy, and your credit record isn't affected for longer than five years. You'll also be protected against lawsuits and repossessions while you work to pay off your debts under the supervision of the courts.

A wage-earner plan cannot exceed a three-year period of time. You may promise to pay off your debts in full, or you may ask the court for a reduction —say, 75 cents or 50 cents on the dollar owed. The plan must be approved by most of your creditors, although they are likely to agree since it's better to get partial payment under the wage-earner plan than little or nothing at all under full bankruptcy.

Whether you try for Chapter 13 or outright bankruptcy, be sure to get professional legal advice before you take any action.

How can you stay out of trouble?

Once you get your debt management on track, draw up a reasonable budget and stick to it. (For a do-it-yourself budget form, send a stamped, self-addressed envelope to *Budget Form B, Consumer Credit Counseling Service, 450 Seventh Avenue, New York, New York 10001.)* Keep the family conversations going about spending priorities and future goals. Try alternating check-writing roles each month, so you each keep an up-to-date handle on where the money is going.

If you are ready to make some credit commitments again, shop for terms. One study showed as much as a two-percent difference in interest rates for auto loans in the same geographical area, for example.

Finally, keep a wary eye out for the warning signs cited earlier in this article. Shoot for ten to 15 percent of your take-home pay for loan repayments—no more.

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Kings and 100's

Warning The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health

A BACK-OF-THE-HOUSE RETREAT

Whether you have a two-story box or an old bungalow, a backyard addition like this one can give you a delightfully private wing. You might use it as a kids' sleep/study center or an adults-only refuge.



Photographs: Bill Hedrich, Hedrich-Blessing. Architects: Thomas Booziotis & Associates, A.I.A. Source: Barbara Sims/Linda Magazine.





The homeowners who engineered this bedroom/library project wanted the privacy of a get-away-from-it-all retreat and the openness of a wrap-around porch. And as you can see, they got both. To satisfy the privacy requirement, they dead-ended the room off the back of their 1920s bungalow and surrounded the yard with fencing and dense foliage. And to get the open feeling they wanted, they filled all three walls with floor-to-ceiling glass. Most of it is fixed, but three units open into the private yard.

At one end of the new wing *(lower left photo)* is the sleeping area. It certainly doesn't look like—or feel like—a bedroom, mainly because the bed is tucked inconspicuously behind an oversize headboard. A dramatic 12-foot-long bookcase wall also contributes to the non-bedroom look.

The view of the sitting area *(lower right photo)* shows off three of the four vertical bookcase units that are interspersed amid the panels of glass. Each unit consists of two 2x12s flanking adjustable shelves. The game table at left makes the perfect spot for early-morning breakfasts.





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Choose from 6 colors of vinyl coverings (Indian Brown shown). Centurian pieces also available at higher prices in rich acrylic velvet and attractive Herculon® olefin, both treated with SCOTCHGARD® Brand Fabric Protector (recliner comes in vinyl only).

Save $100 on this sofa during Sears Centurian Furniture Sale.

You'll find savings also on the sofa sleeper with innerspring mattress (shown in small picture).

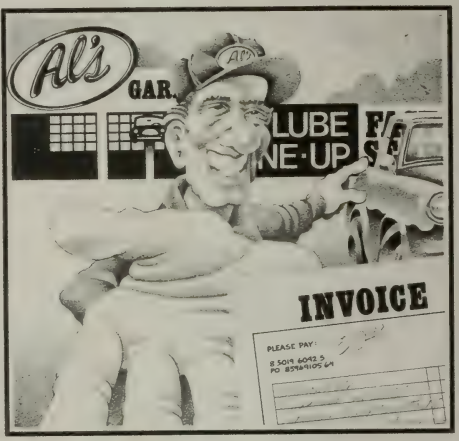
Available in most larger Sears retail stores from Oct. 28 through Nov. 17, 1979.

**This is the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii.*

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Kim Garretson



How to know what you're getting in a tune-up

"Tune up and save gas!" advise the government, the oil companies, and others promoting energy conservation. While it's true a properly tuned car gets up to 20 percent more mileage than a car needing a a tune-up, the tune-up itself can cost you ore than you bargained for. The term "tune-up" is so sweeping that some service shops may perform extra services and charge you more than necessary or may even use the term as a license to steal. Your best protection is to know what your car needs and what you can afford to spend before talking to a mechanic. Here are some tune-up shopping tips and a glossary of terms you'll need to know.

Define your needs

If you know what your car needs in a tune-up, you can avoid the trauma of choosing between a $19.95 special and a $99.95 miracle cure or anything in between. At the least, a tune-up should be a four-step operation: checking, replacement of worn or defective parts, adjustments, and a final test drive.

Checking procedures should include a cylinder compression test, engine analysis, and a visual inspection of key components. An examination of cylinder compression can pinpoint problems in the seals within the engine's valves and piston rings. Engine analysis (done with electronic equipment or a chassis dynamometer that lets the car run on rollers) may pinpoint other malfunctions in the engine.

Some shops also have exhaust gas analyzers to check the efficiency of the carburetor, emission-control equipment, and engine combustion. Exhaust analysis costs $10 to $15 and either is included in the shop's tune-up price or is an optional service.

Most tune-up prices cover routine replacement of the spark plugs, points, and condenser, but your car may not require these new components at every tune-up. Some late-model cars have electronic ignition that lengthens the time between plug changes (and eliminates the points and condenser). If your car is so equipped (your owner's manual will tell you), you shouldn't consider shops that offer "one-price-only" tune-ups. Also, you can avoid overcharges by getting a written estimate stating the shop will notify you before doing any repairs or replacing any parts not included in the estimate.

Tune-up adjustments usually are focused on the idle speed and mixture, ignition timing, point dwell (or gap), and automatic choke operation. The final road test (or a second dynamometer run) ensures that everything is tuned to optimum performance.

If the shop offers "minor" and "major" tune-ups, the former should include as a minimum: new spark plugs, points and condenser (as appropriate); checks of the distributor, coil, ignition wiring, and emissions equipment, with minor parts replacement as needed; cleaning or replacement of fuel and air filters; and adjustment of ignition timing and carburetor settings. A major tune-up should include all of this plus a cleaning and/or overhaul of the carburetor.

How often and how much?

How do you know when a tune-up is necessary, and how much should be budgeted for it? Generally speaking, most cars and trucks need some sort of routine service (in addition to oil and oil filter changes) every 10,000-12,000 miles or 12 months. Extensive stop-and-go driving, heavy-duty service (such as trailer towing), extreme weather conditions, abnormal amounts of dirt, dust, or air pollution, and even the type of gas you use can shorten this interval. Let the owner's manual recommendations and your good judgment guide you as long as your engine seems to be running all right.

There are warning signals, some quite subtle, that can signal a tune-up is needed. One clue is an obvious change in the engine's habits. For example, does the engine stall when first started but not after it is hot? Does it hesitate in starting after it has been driven awhile and then parked for about a half hour? Is the engine idling faster, or slower, or rougher than normal? Is it getting hard to start? Misfiring? Knocking or pinging? Running-on ("dieseling") after the key is off? Smoking? Surging or hesitating? Has the car's performance dropped?

Not so obvious, but an equally good tip-off, is a noticeable decrease in gas mileage. It's a good idea to keep a regular gas mileage record from tankful to tankful; when the average over several fill-ups has dropped 15 percent or so, it's probably time for a tune-up.

Tune-ups vary greatly in price depending on who does them and how much is done. Hourly rates and parts prices vary from shop to shop and from one part of the country to another, and the job will cost a bit more for a V-8 than for a six- or four-cylinder engine. Careful checks, diagnoses, and adjustments raise the price, but also

continued

Drawing: Jim Buckels

Versailles 1980. The Personal Lincoln.

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continued

Tune-up

the odds of satisfaction. And naturally, you can expect to pay more for a more thorough job with more new parts. There may be an extra charge, too, if your car has fuel injection, a turbocharger, or special emission equipment that makes certain operations more complicated or time-consuming.

High-volume, "quickie" tune-up shops, tire stores, and discount and department store service centers usually offer the cheapest (and least extensive) jobs. Franchised new-car dealers are at the other end of the scale, with independent garages and service stations in between.

Advertised specials (usually $20 to $30) may or may not be bargains, since the price may exclude either parts or labor. But keen competition does keep minor tune-up prices down to reasonable levels at bargain-service locations.

A well-equipped service station or independent garage with trained technicians will usually do a more thorough job and offer more personalized service, but expect to pay $45 to $65 for the added benefits. New car dealerships may be the most expensive but may do the most satisfactory job due to their familiarity with the car. This familiarity can even save you money because it may result in faster, more accurate diagnosis.

Choosing the shop

If you don't already have a tune-up mechanic or shop you know and trust from past experience, the best way to find one is through recommendations from friends, relatives, or business associates. Often auto clubs and other organizations make recommendations, and the Better Business Bureau or a reputable consumer association can tell you whom to avoid.

In general, look for a neat and clean shop with modern tools and equipment and licensed or certified mechanics. Courtesy is essential, as is willingness to offer written estimates and a written guarantee on parts and service. Convenience is also important. Is the shop close to home or work? Does it offer transportation or reasonably priced rental cars? And has it been in business for a while?

Some shops offer electronic or dynamometer diagnosis as a separate service. This gives you an estimate of the work needed before you commit yourself to a tune-up or anything else. For the nominal cost (usually $8 to $15) and the few minutes' time, such an initial check is well worthwhile, since it can avoid unnecessary repairs or detect a serious problem. (A tune-up won't help if you really need a valve job.) Either way, you save money; and often there's no charge for the diagnosis if you have the other work performed there as well.

One word of caution: Beware of rip-off artists who "diagnose" some major problem and pressure you to have them fix it for a high price. If their diagnosis sounds fishy, check with another shop.

Once you've chosen a shop, you should also know how to deal with it. Most shop owners and mechanics are anxious to please you. Telephone first, and make an appointment, if possible. Try to avoid Mondays and Fridays, usually a shop's busiest days. Write down the car's symptoms in advance and make a copy for the mechanic's use. Be specific about what you want done and reasonable about how long you expect it to take. Leave with a mutually agreed upon estimate of steps to perform and cost.

If you're not satisfied with the work after it's done, say so right away, not weeks later. Make any complaints to the manager, calmly and reasonably, and if you're still not satisfied, go home and write a letter to the shop owner.

Self-service

According to one survey, over one-third of the engine tune-ups in this country are done by do-it-yourselfers. But as cars get more and more sophisticated under the hood, doing it yourself becomes increasingly difficult. Give it a try only if you have some mechanical skills and have access to the proper tools, parts, and instructional literature. Otherwise, we don't recommend it.

You'll need a compression tester, feeler gauges, dwell meter tachometer and a timing light in addition to hand tools. Plan on checking and cleaning or replacing spark plugs; ignition points, rotor and condenser (unless you

continued

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continued

Tune-up

have electronic ignition); PCV valve; fuel filter and carburetor air filters; and vacuum advance unit.

Nearly anyone can change spark plugs (unless they're very hard to get to), and the other parts are fairly easy to find, remove, and replace. But you should have experienced help when trying a tune-up the first time. One tip: If you want to replace parts but don't have the knowledge or equipment for the adjustments, you may find a shop that will just "scope and adjust" everything for a nominal fee.

Tune-up terminology

Air filter—a large, usually round, paper filter in a metal container on top of the engine.

Carburetor—located directly under the air filter; mixes gas and air for combustion in the cylinders.

Compression—a measure of how much a piston "squeezes" the fuel/air mixture inside its cylinder; will be abnormally low if valves or piston "rings" are not sealing properly and won't be helped by a tune-up.

Condenser—a small, cylindrical device wired to the distributor to absorb surges of electricity and prevent electrical arcing across the points.

Distributor—input terminal for the ignition wires that go to the spark plugs and coil; "distributes" electrical charges to each spark plug in turn.

Emissions system—controls exhaust pollutants; may include PCV valve, EGR (exhaust gas recirculation) valve, air pump, catalytic converter, and various other devices.

Fuel filter—located in or near the carburetor where a fuel line attaches to the filter.

Ignition coil—boosts battery voltage to fire spark plugs; located near distributor and attached to it by the center ignition wire.

Ignition timing—if timing is correct, the spark plugs fire at the right point of the pistons' cycles.

Ignition wiring—rubber-coated wiring from distributor cap to coil and each spark plug.

PCV valve—"positive crankcase ventilation" valve that vents gases inside engine to the carburetor.

Points—small, metal electrical "valves" inside the distributor cap that open and close to create ignition pulses to the spark plugs.

Point dwell, or gap—determines when and how long ignition points stay closed.

Rotor—sits in center of distributor, inside the cap, and turns to distribute pulses to each ignition wire.

Spark plugs—screw into threaded hole on each cylinder and fire on cue to ignite fuel/air mixture inside.

Vacuum advance unit—a circus-tent-shaped metal device attached to side of distributor; adjusts ignition timing to correspond with vacuum created as you step on the gas pedal.

Valve cover—long metal box atop the cylinders.

Valves—long-stemmed, mushroom-shaped metal plugs that open and close at the proper time to let air/fuel mixture into each cylinder and exhaust gases out. Located inside valve cover.

Gary Witzenburg

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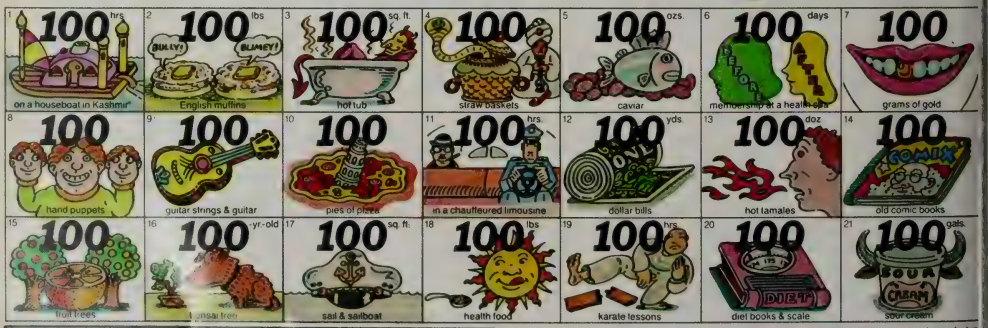
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2. Hand-print your name, address and zip code on your entry, include with it the bottom panels from two empty packs of Benson & Hedges 100's or Benson & Hedges Lights, Regular or Menthol or the words "Benson & Hedges 100's" hand-printed on a plain piece of paper.
3. Enter as often as you wish, but you may enter only one sweepstakes per envelope, and each envelope must be mailed separately to: Benson & Hedges 100's, P.O. Box 2692, Westbury, New York 11591. Entries must be postmarked by February 11, 1980.
4. **IMPORTANT:** You must write the number of the sweepstakes you are entering on the outside of the envelope, in the lower left-hand corner.
5. **Winners will be selected in random drawings from entries for sweepstakes by National Judging Institute, Inc., an independent judging organization whose decisions are final. Winners will be asked to execute an affidavit of release and eligibility. All prizes will be awarded. Only one prize to a family. Liability for taxes is the sole responsibility of the individual winners. In lieu of any prize, winner may elect to receive a cash award of $200.**
6. Sweepstakes open to all U.S. residents over 21 years of age, except employees and their families of Philip Morris Inc., its advertising agencies, Dancer Fitzgerald Sample, Inc., and National Judging Institute, Inc. This offer is subject to all Federal, State and local laws. Void in Utah, Michigan and wherever prohibited, restricted or taxed.
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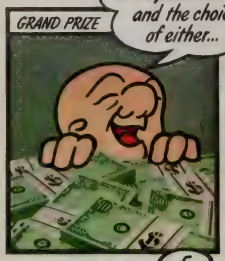


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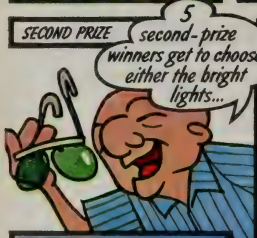
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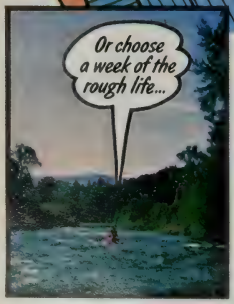






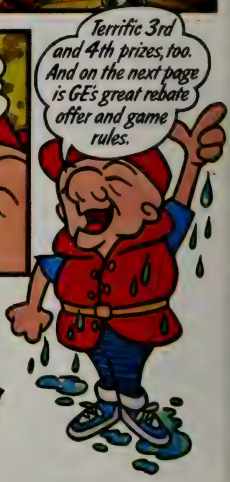












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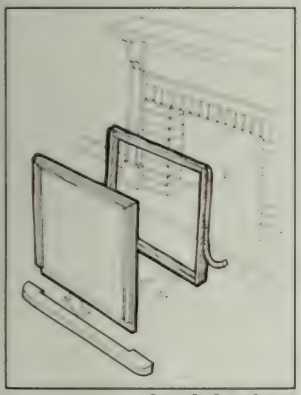
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An insulating fireplace mask you can build

Your fireplace can cost you if you allow precious warmth to escape up the chimney when the fireplace isn't in use. Here's a solution: Seal your fireplace opening with an insulating mask that prevents heat loss and cold drafts. In summer, the mask will prevent cooled house air from escaping, too.



Design: The Design Concern

First measure your fireplace opening. Build a frame of 1x2s to fit snugly into the opening when a strip of ¾-inch foam rubber is tacked around all the sides of the frame. Then cut a piece of ½-inch plywood two inches larger than the fireplace opening on the top and sides. Nail the plywood to the frame.

From a length of 2x4, cut a base that extends four inches on each side of the plywood panel. Notch out a ½-inch strip from one edge of the 2x4 (as shown in the drawing) to accept the bottom edge of the plywood panel. Round the edges of the 2x4 base and sand all edges smooth.

To decorate the mask, nail standard molding pieces to the face of the plywood panel. Countersink the nailheads and fill all holes with wood putty. Then finish mask to match your room.

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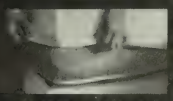
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SET A STUNNING TABLE *with* HOUSEPLANTS

By Margaret McMahon and Steven Coulter



Photographs: Braden Oman; Source: Bonnie Maharam

Guess what's coming to dinner—or breakfast, lunch, or any meal? Your favorite houseplants, that's what. And the idea is as practical as it is decorative. By using your plants as centerpieces or favors, you save the expense and bother of buying perishable cut flowers.

And there's another plus. Your houseplants can inspire a thoroughly original and charming table setting that incorporates some of your favorite things. A flea market figurine or a sparkling paperweight can add a dash of color and an element of surprise, and a length of unusual fabric can yield the place mats or napkins. It's a great way to make the most of what you have on hand—starting with some of your run-of-the-mill houseplants!

The vine that came to dinner

A variegated peperomia occupies the place of honor—the center of the table—at this sit-down dinner for four. But you can substitute your favorite vine; just slip it into an elegant container for its Cinderella evening. Return the plant to its everyday location the next morning; and use its neighbor the next time.

Eight linen napkins suffice to "dress" the table; half of them serve as place mats. An amethyst-colored cruet and paperweight provide complementary spots of color. Look around your abode for equally unusual or fun items with which to grace your dinner table and intrigue your guests.

China: "Vine Harvest" Royal Worcester. Stemware: "Williamsburg Air-Twist" Foreign Advisory Service. Sterling: "Kirk King" Kirk. Candlesticks: Reed & Barton. Flower box: Foreign Advisory Service. Candles: Colonial Candle

SET A STUNNING TABLE *with* HOUSEPLANTS

Foliage and flowering plants in appropriate containers provide the perfect touch for any table. Just keep a few commonsense rules in mind. Scale the size of the plant or plants to the size of the table. And use the color and texture of blooms and leaves for accent.

Dinner on the Nile

A languorous swan amid restful green water plants sets the scene for an elegant repast. The no-cost napkins were made by cutting up a piece of on-hand linen and pulling threads to fringe the edges. A hand-painted wood fish lends brilliant colors to each place setting.

Clear salad bowls and beakers and other laboratory glass containers hold the water lettuce *(Pistia stratiotes)*, dwarf papyrus *(Cyperus isocladus)*, and umbrella palm *(Cyperus alternifolius)*. Pebbles around the roots of the water iris hold it upright in the carved swan. (Always use a liner in a non-waterproof container.)

China: "White Nile" Doulton. Stemware: "Iris" Rosenthal. Sterling: "Diamond" Reed & Barton. Glass salad bowls (planters): West Virginia Glass. Hand-painted, enameled wood fish: Folklorica Imports, Inc. Carved swan: Potcovers, Inc.



A soup lunch with favors

Here's a delightful way to share your favorite African violet with your friends. Root leaf cuttings to obtain new little plants you can pot up to place at each table setting. (Choose mature, but not old, leaves for cuttings.) To fashion this soup lunch centerpiece, simply group some good-looking canned produce from your pantry or your local gourmet counter.

Use quilted fabric for the table cover. For companion napkins, appliqué unfinished quilt squares to coordinating material.

Dinnerware: "Libellule" Longchamp. Stemware: "Argus" Fostoria. Flatware, wood-handled: "Country" Conran's; green-handled: antique. Table cover: Laura Ashley



Lunch in a garden room

Invite a cuckoo to lunch! Our cuckoo eats less than a bird since it's a china pattern copied from a traditional Williamsburg design. Spray-painted wicker baskets hold the salad, bread, and other edibles. The linens only look expensive; you can make them by attaching lace edging to eyelet fabric. One yard of fabric provided eight botanical flower pillows for the sofas.

The azalea, available in many colors, will last for many meals if you give it bright, indirect sun and a constant, even supply of moisture. But if the soil becomes too dry, the flowers will wilt and die prematurely. Remove old flowers as they fade.

China: "Williamsburg Cuckoo" Wedgwood. Stemware: "Ariana" Gorham. Sterling: "English Onslow" Oxford Hall. Breadboard: Williams-Sonoma. Cruets: Fostoria

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SET A STUNNING TABLE *with* HOUSEPLANTS

More tips: When the plant that's coming to dinner will occupy the center of the table, pick a plant that's low enough for guests to engage in across-the-table conversation. Keep some distance between plants and candles to avoid the possibility of singed foliage.

Fire, ferns, and a friend

Chilled wine, blushing pears, greenery, and candlelight—everything you need for fireside relaxing with a friend on a wintry evening. Shiny tin gelatin molds hold the ferns, mints, candles, and extra servings of poached pears. A fringed wool scarf graces the glass table.

The Fluffy Ruffles ferns like slightly shady conditions, so keep them out of direct sunlight. Use a loose soil mix so the roots can breathe, and keep the soil moist. To keep leaf tips from browning, mist the foliage daily if the air is dry.

China: "Lace Point" Lenox. Stemware: "Hibiscus" Taitu U.S. Sterling "Melrose" Gorham Candlesticks: Reed & Barton. White napkins: Ulster Weaving

An herbal "good morning"

To add beauty and fragrance to your breakfast table, fill a corner with herbs. Shown here are pineapple mint, chamomile, chives, mustard, lemon thyme, lovage, and chervil, planted in mismatched old creamers and sugar bowls picked up at flea markets and garage sales. Be sure to give your plants good light and an even supply of moisture.

Cut splashy floral napkins from old drapery fabric. Don't hesitate to mix colors when you want a country look like this. We've even used two kinds of flatware to emphasize the casual feeling.

Dinnerware: "Kaleidoscope" Franciscan. Flatware, red handles: "Bistro I" Lauffer; stainless: "American Colonial" Oneida. Table: Conran's. Crates: Cracker Barrel









SEE WHAT YOU CAN GAIN BY

Subtracting a Ceiling!

BY DAVID HAUPERT

When you're seeking more elbowroom at your house, don't be too quick to resort to a costly addition. First, consider what some judicious *subtraction* could do. Walls are obvious candidates for moving and removing—but sometimes there are even more dramatic possibilities overhead, especially if you have an unfinished attic up there.

You'll see what we mean when you study the examples that follow. In each of them, removing all or part of a ceiling opened up a whole new dimension of usable living space.

But don't get out your crowbar until you've consulted with an architect or qualified contractor. Although ceilings come down fairly easily, you then have to deal with joists, crossties, and other framing that literally holds your house together. So plan what you'd like to do, then ask a pro to show you how to get the job done as simply as possible.



Photographs: Maris/Semel. Architect: John A. Kelly. Source: Ruth Reiter



Leave the framing exposed to add visual interest

Often the easiest thing to do with structural members is to simply let them show, as the designer/owner of this opened-up bungalow did.

Originally, the bungalow had the small rooms and flat, featureless ceilings typical of houses built 40 to 50 years ago; upstairs was a sizable attic ready for finishing.

Rather than go the usual attic-redo route, the owner reshuffled partitions on the first floor, removed the living room ceiling, then added a master suite and sitting area above.

Beefing up every third ceiling joist and taking out the intervening ones *(opposite page)* added design interest to spaces that flow together vertically as well as horizontally. And because the balcony's edge hangs from angular cross-bracing, there was no need for posts or walls below.

For a clean, contemporary look, both the joists and braces were encased with lumber and painted white. Track lights, mounted to the underside of one joist, illuminate the fireplace wall.

Upstairs *(above)*, the angled braces back up a series of modular units that serve as a bookcase and railing. These can be unbolted in case large furniture must be hoisted up here. Big new windows in the gable ends bring in lots of natural light. And to conserve energy, six inches of batt insulation buffer all roof/ceiling surfaces.

From the street *(top)*, you get scarcely a clue to what's happened inside. That's one of the big advantages of opening up a ceiling—in many cases it lets you avoid upsetting the lines of your house.

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Subtracting a Ceiling

Reshape the space and add a skylight

When you open up a ceiling, you don't necessarily have to go all the way to the rafters. This 1920s-vintage home has a very steeply pitched roof. The owners didn't want a beamed look for their living room, yet they wanted to soften the extreme angle of the roof. The solution: They dropped the front slope several feet below the roof line, but left an opening to channel lots of daylight into the room from a big new skylight unit.



Photographs: Maris/Semel. Architect: L. Ben Dooley, A.I.A. Source: Ruth Reiter



Now the living room soars to nearly 20 feet high *(opposite page)*. That triangular lookout opens off of a new master suite in the remainder of what was once a dusty, under-used attic. The skylight was a key improvement because a front porch formerly kept this area in the dark. (The porch was glassed in and divided into two areas —a garden room that's accessible through the double French doors at left, and an entry that opens through the doorway at center. The yellow curved wall separates the two areas.) Through the larger opening at right is the dining room.

To open up the intriguing space overhead, the owners removed all but a few square feet (just outside the dining room opening) of the original nine-foot-high ceiling. Then they angled new joists from over the French doors to a point on the opposite slope a few feet below the peak. Once the new joists were installed, the old joists and crossties were removed.

Dropping the new ceiling not only helps solve slope problems like this one, it also minimizes heat losses and gains. You can get thicker insulation materials up there, and dead air trapped between the roof and ceiling adds even more to R-values.

In the bedroom *(left)*, headroom was important, so here the ceiling is attached directly to the rafters, and the original crossties were left in place. (The distance between the longest edge of the triangular cutout and the bedroom ceiling line indicates the extent to which the living room ceiling was dropped.) The opening at left leads to a new bath, a sewing room, and the original attic stairway—all located in a wing off the rear of the house.

Outside *(top)*, there's not even the slightest hint of what's happened inside; only the skylight and a bold yellow numeral depart from the original styling of the house. Guests now enter through a door at the side of the glassed-in porch and follow the curved entry wall into the living room.

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Subtracting a Ceiling

Use glass for an open but private balcony

Taking out a ceiling is an excellent way to interconnect upper and lower levels. But what about privacy? In most cases, a network of strategically situated railings and partitions can keep spaces *visually* separate, as shown on the preceding pages. However, if *sound* control is also a requirement in your family, you'll need to take a slightly different approach to the problem. Here's one of the best solutions we've seen.



Photographs: E. Allen McGee. Architect: Randall Bray and Associates. General Contractor: GreatTown Company. Source: Ruth Reiter





Originally, the main level of this house had three bedrooms and standard eight-foot-high ceilings; upstairs, once again, was an unfinished attic. The owners began by removing a wall between one of the bedrooms and the adjacent living room and locating a new front entry there. Then they took out part of the bedroom ceiling as well to create an angled balcony that snuggles into one "hip" of the hip roof.

Next, they brought more light into both the balcony and the former bedroom with a big, round skylight. Finally, to keep the balcony bright but private, they sealed it off with a mosaic of geometrically shaped panes of glass.

The photo on the opposite page shows how well all of these changes worked out. In this view, taken from the new entry, you can see that the bedroom has become a lofty but surprisingly cozy haven for relaxing, conversing, or listening to music.

On the upper level *(top left)*, the balcony wall serves as one end of a new room for the family's young daughter. At the bottom of the larger, left-handed pane are movable glass panels that can be opened if she wants contact with the sitting room below. Note how the crossties were angled for more headroom and an interesting design effect.

In the hallway that leads to the daughter's new room *(left)*, the crossties also support an exposed duct run. Because of the glass wall, the owners were able to install a separate heating/cooling system up here, giving their home two independent zones for better economy and comfort. Stairs to the main level are at right.

Again *(top)*, the only exterior evidence of the changes within is a skylight. Coincidentally, all of the ceiling knock-outs on the preceding pages took place in 1920s homes with unfinished second levels. But you can adapt these ideas to just about any story-and-a-half house regardless of age. Even if the upper level is already finished, you might be able to transform the entire interior by subtracting just one ceiling.

Buying information, page 244

How to select a sound system for your car, boat or plane. Audiovox candidly reveals what you should look for, listen to and beware of.

By Robert Harris, Technical Director

You are confronted by everything from $50 AM radios to $1,000 high fidelity systems. Where should you shop? How much do you really need to spend? Read on as Audiovox throws some light on the subject.

Audiovox aims to provide American motorists with a level of sound reproduction previously attained only in the home - through a range of more than 139 systems and components.

Where to buy.

Manufacturers with a limited range of products need to sell *all* of their products to *all* types of stores.

Audiovox, on the other hand, markets 3 totally *different* product groups. The regular group – providing superior sound reproduction at a reasonable price and available through conventional retailers, chain stores, and catalogs; the S.P.S. (Special Performance Series) featuring original equipment styling and features – available only from new car dealers; and the Hi-Comp group – a complete line of "state of the art" components, available through car stereo specialists.



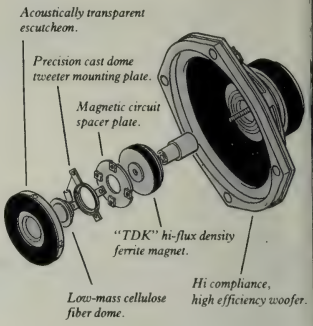
How much good sound should cost these days.

You can pick up a basic AM radio for about $50. The average cassette or cartridge player with built-in AM/FM radio and two good speakers will cost about $150. And if you want to shoot the works, Audiovox builds an electronically-tuned receiver/cassette player with auto-reverse, the HC65 speaker system, a 60-watts-per-channel amplifier, plus Dolby®, CrO_2 switch, parametric equalizer, etc. for around $950. (Installation charges excluded.)

Speakers – Facts you should know.

As with home hi-fi, speakers are the most important component of a mobile sound system.

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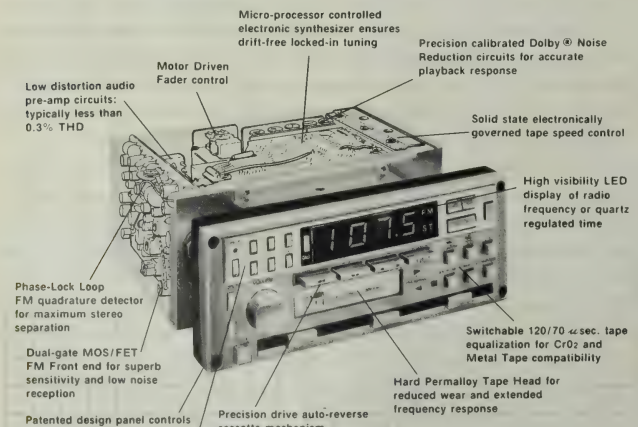
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For further information, write to R. Harris, Dept. BH , Audiovox, 150 Marcus Blvd., Hauppauge, New York 11787.



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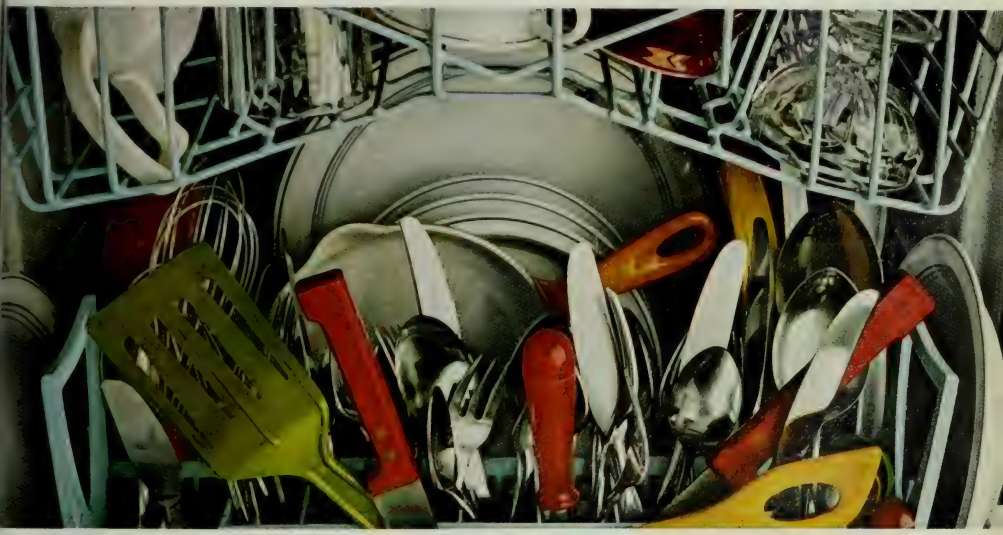


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VERSATILE PROJECTS TO STREAMLINE YOUR KITCHEN

By CarolAnn Shindelar





Do you have to dig into the far reaches of your cupboards to find your company-only casserole dish or salad bowl? Or prepare half the family meals on the dining room table because the kitchen counters are full? If so, you'll appreciate these two kitchen projects. Both combine hidden storage space with a variety of other functions—the units can be used for everything from an extra work counter or dining table to a kitchen divider.

JACKKNIFE TABLE: SWING IT OPEN

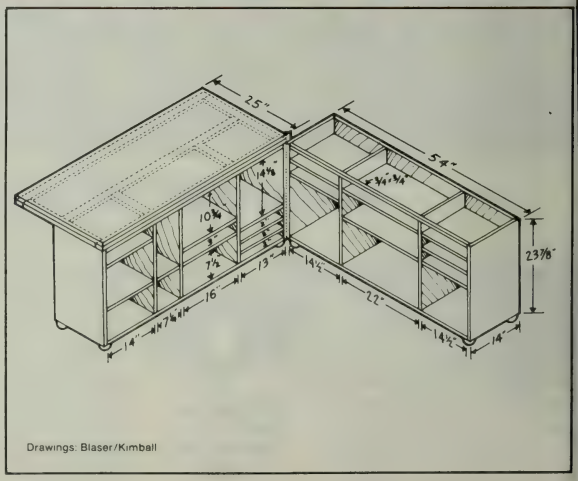
This ingenious table outperforms any we've seen. You can prepare dinner on it at 5:00, serve the meal at 7:00, and tuck the dishes inside at 8:00 after cleanup.

How-to: Cut the ends and back from ¾-inch birch plywood, and the bottom, dividers, and shelves from ¾-inch fir plywood. Nail and glue together the ends, back, and bottom—then nail and glue the shelves in position between the dividers and endpieces. You can make several of the shelves adjustable if you wish. Next, nail the ¾x¾-inch rails in place.

Cut the framework for the counter tops from 1x2s and the tops themselves from ¾-inch fir plywood. Assemble and nail the framework to the undersides of the tops; then nail the counters to the bases. Install a caster on each corner.

To finish the table, cover the counters with plastic laminate, paint the bases, and install a continuous hinge to join the two sections.

continued



Drawings: Blaser/Kimball

"It's the best thing to happen to pantyhose since L'eggs!"

Juliet Prowse



The Better-Fitting Panty.

Now the panty part of L'eggs® Regular pantyhose is knit with special yarn to hug you more snugly, hold you more comfortably. It's the Better-Fitting Panty! And, L'eggs has Memory Yarn™ to stretch out and back to fit your legs, perfectly.

Nothing beats a great pair of L'eggs.

L'eggs REGULAR

Coupon expires December 31, 1980. LR-015-BFBH-11 79

15¢

SAVE 15¢

CONSUMER: CAUTION! Your retailers may not redeem coupons unless you make the required purchase of the brands and quantities stated. ANY OTHER USE CONSTITUTES FRAUD.

RETAILER: We will redeem this coupon for face value plus 5¢ for handling providing you and the consumer comply with the terms of this coupon offer. You must credit the face value of the coupon against the retail selling price. The consumer must pay applicable sales tax. Invoices proving sufficient purchases of the product to cover coupons presented must be available on request. Failure to do so will void all coupons submitted. Offer void where prohibited. Cash redemption value of 1/20 of 1¢. By submitting this coupon to L'eggs Hosiery, Box 1002, Clinton, Iowa 52734, you represent that you have redeemed it pursuant to these terms. ANY OTHER USE CONSTITUTES FRAUD.

LIMIT ONE COUPON PER PACKAGE PURCHASED.



STORE COUPON 74200 100167

15¢

Sheer Toe and Reinforced Toe, with a pure cotton panel. Now in 3 sizes.

100% COTTON CROTCH

© 1979 L'eggs Products





VERSATILE PROJECTS TO STREAMLINE YOUR KITCHEN

continued

SOUP AND SALAD BAR: SLIDE IT OPEN

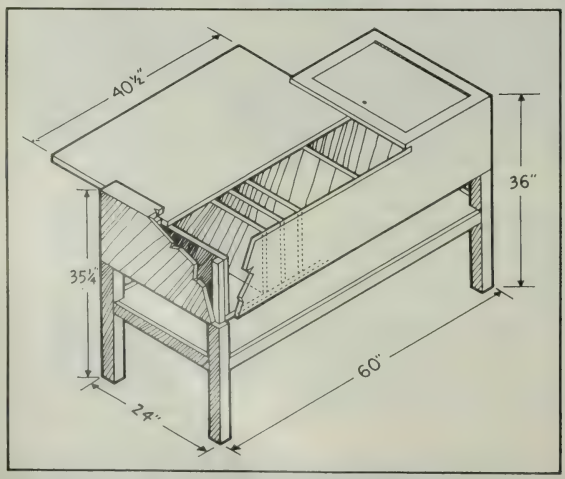
If soup and salad dinners are a favorite with your family, they'll welcome this serve-yourself soup bar. It's handy for parties and buffets, too.

How-to: Build the storage unit from ¾-inch birch plywood, using 4x4s for the legs. You can cut the legs down in width all around if you want them to look slimmer, as we did. Note that the two legs on the left side of the table are ¾ inch shorter than the others to allow space for the sliding top.

Notch out the two outside edges of all four legs ¾ inch and nail on the sides. (By notching the edges, you can nail the sides on flush with the legs.) Screw the two end dividers to the inside of the legs, then screw the floor of the storage section to the bottoms of those dividers. Screw the other dividers in place and add the top left edge which forms a guide for the sliding top.

Now you can add the open shelf; cut it to fit around the legs and toenail and glue it in place. Then toenail and glue the shelf edging all around.

The only part left to build is the flip-up storage space. First cut the top to fit. (One edge of this top forms the other guide for the sliding top.) Then cut out the flip-up lid, reattach the right side with a continuous hinge, and nail in a stop piece to hold the lid in place. Finally, just cut the sliding top to fit and finish the unit with long-lasting, heavy-duty paint.



Photographs: Maris/Semel. Design: Louisa Cowan, ASID, Armstrong Design Center

"Is it worth seven minutes to help keep your dog healthy?"

That's all it should take to read these important facts about your dog's changing nutritional needs... and how only the Cycle® Dog Foods meet them as no single brand of dog food can.



Mrs. Cooper

Helping keep your dog healthy isn't difficult... all it takes is understanding his needs... most importantly, understanding his nutritional needs. They're not complicated... they're changing. And they continue to change throughout his life.

Dogs go through major changes.

Like people, your dog is always changing. From puppyhood on, he grows up... grows old... sometimes he even slows down. But... these changes can happen quickly... more quickly than in people.

Changes that often can't be seen.

You can't see your dog's nutritional needs changing... because the changes are inside. But as his digestion, teeth, bones, and kidneys are constantly changing... so are his nutritional needs. And his dog food ought to meet those changing needs. The Cycle line does.

No single brand of dog food is tailored to meet each stage.

Most dog foods are for *any* dog... young... old... whatever. They are not tailored for each important nutritional stage of his life. Only one line of dog food is... Cycle.

Cycle is more than one dog food.

Cycle is a line of dog foods that make up a nutritional *program* tailored to the needs of your dog at each important stage of his life.

Cycle 1 feeds puppies the way you'd feed a baby... with the extra protein and calcium they need to grow on.

And when puppies change into active adults, there's Cycle 2 with the right balance of protein, vitamins, and minerals. It's just what a dog between the ages of 1 and 7 needs to help stay healthy and alert.

Cycle 4 is made with easily digestible high-quality protein for the delicate digestion of older dogs. It's got what dogs over seven need to help keep their bones, teeth, and kidneys functioning properly.

And for less active dogs who burn up less calories, there's even Cycle 3 with 20% fewer calories. But the Cycle Dog Foods don't stop there.

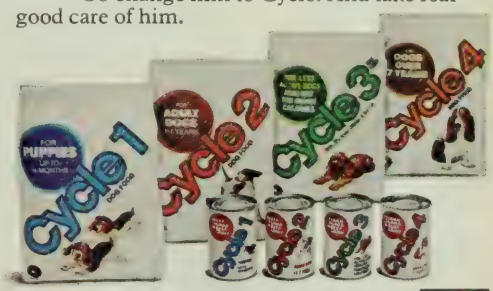
Good taste is a must.

The crunchy goodness of Cycle nuggets in bags... the meaty taste of Cycle beef or chicken flavors in cans... they're what dogs love about the Cycle Dog Foods.

For a lifetime of good nutrition.

And with Cycle, what you'll love is that day after day... year after year... your dog will be getting the nutrition that's tailored specifically for dogs like him... in a food that tastes good to him.

So change him to Cycle. And take real good care of him.



General Foods Corporation 1979.

Cycle® Nutrition...for the life of your dog.™

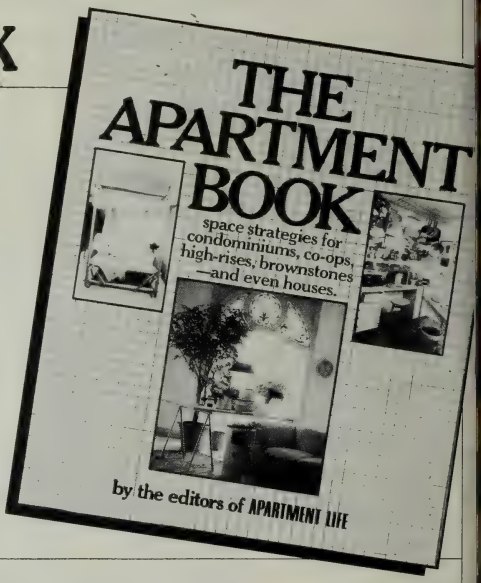
GF GENERAL FOODS

Margaret McMahon

idea NOTEBOOK

Designing with style

Despite its title, **The Apartment Book** is an invaluable decorating workbook for homeowners, too. It contains 350 color photographs, over 100 illustrated do-it-yourself projects, and a source list of suppliers. Most important, the book demystifies the subject of interior design, rather than parroting all those old-fashioned decorating do's and don'ts. **The Apartment Book** is $25; $27.50 after Christmas. Harmony Books, One Park Avenue, New York, N. Y. 10036.



Parents' rights

In recent years most of us have become more aware of our rights regarding public education, thanks largely to the efforts of the National Commitee for Citizens in Education (NCCE). The goal of this nonprofit, tax-exempt organization is to increase parents' involvement in the affairs of our country's public schools. To that end, it publishes handbooks, conducts parent-training sessions, provides a 24-hour, toll-free citizen hot line, and investigates implementation of federal laws affecting schools. And probably most important for us, NCCE has established the "Parents' Network," an affiliation of parents' groups that shares information. Individual membership in the Parents' Network is $15, and group membership ranges from $15 to $50 a year depending on the number of members. NCCE also publishes the newspaper, **Network,** eight times a school year and distributes, free, the Parent Rights Card which advises parents of their rights under existing laws. If you are interested in any of the activities of NCCE, write National Committee for Citizens in Education, Suite 410, Wilde Lake Village Green, Columbia, Md. 21044. Include a stamped, self-addressed envelope.

Spotlight on lights

Lighting is one of the most difficult decorating problems, but done well, it makes even a good room better. Pantheon's new book **Taking the Mystery Out of Lighting,** by Mary Gilliatt and Douglas Baker, is an excellent guide to this broad and perplexing subject. Filled with specially commissioned photographs by Michael Dunn, the book includes many practical do-it-yourself suggestions, a question and answer section on the basics, another chapter on lighting plants, and a detailed room-by-room guide to effective lighting. Published by Pantheon Books, 201 East 50th Street, New York, N.Y. 10022, the book is $17.95.



Easy-up wall coverings

For those who are all thumbs when it comes to installing a wall covering, DuPont Company has the solution. "Flair Squares" are prepasted, washable wall panels. There are 15 twelve-inch squares to a package which sells for about $5. The squares work best in a small area—below a molding, in door panels, as a wall accent, or in kitchens and bathrooms. To apply the squares, all you do is dip each piece in water for 30 seconds, then slip it into position on your wall and smooth the square with a flat sponge or roller. The small size of the squares facilitates trimming around wall plates. For a color brochure of the 16 patterns offered in 24 colors, send a self-addressed stamped envelope to "Flair Squares," The DuPont Company, P. A. D., Wilmington, Delaware 19898.

continued

The Holidays belong to Best Foods!

Easy recipes your family and guests will love.



Hors d'Oeuvre Pie

1 frozen (9") pastry shell, thawed
12 oz cream cheese
2 oz blue cheese (optional)
1/2 cup BEST FOODS® Real Mayonnaise
1/2 tsp onion or garlic salt

Garnishes: Cherry tomato halves, sliced mushrooms, parsley sprigs, chopped hard-cooked egg, sliced ripe olives

On large baking sheet pat pastry into 11" circle. Pierce thoroughly with fork. Bake in 425°F oven 8 minutes or until lightly browned. Cool. Place on serving platter. Beat next 4 ingredients until fluffy; spread evenly on pastry. Cover; chill at least 4 hours. Garnish as shown just before serving. Makes 12 (2 1/2") wedges.



Parmesan Onion Canapes

1 cup BEST FOODS® Real Mayonnaise
1 cup grated Parmesan cheese
1/2 cup finely chopped onion
1 Tbsp milk
1 loaf sliced cocktail bread, lightly toasted

Mix first 4 ingredients; spread on toast. Place on baking sheets. Broil 4" from source of heat 2 to 3 minutes or until golden and bubbly. Makes 36.

Sesame Chicken with Honey Dip

1/2 cup BEST FOODS® Real Mayonnaise
1 tsp dry mustard
1 tsp instant minced onion
1/2 cup fine dry bread crumbs
1/4 cup sesame seeds
2 cups cubed cooked chicken or turkey

Mix first 3 ingredients; set aside. Mix crumbs and sesame seeds. Coat chicken with Real Mayonnaise mixture, then crumb mixture. Place on baking sheet. Bake in 425°F oven 12 minutes or until lightly browned. Serve hot with dip. Serves 6.

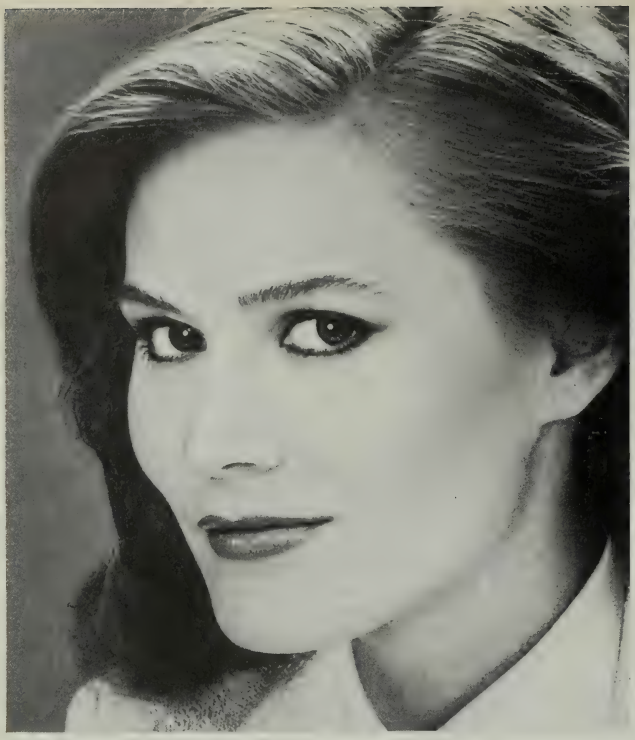
HONEY DIP: Mix 1 cup BEST FOODS® Real Mayonnaise with 2 Tbsp honey.



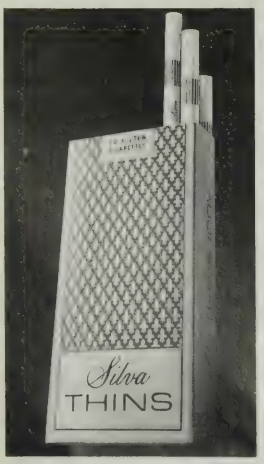


Bring out the Best Foods
Bring out the BEST!

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Why I'm a Thinner.



I started smoking Silva Thins for their looks. You know—long, lean, and elegant.

Now they're lower in tar too. Only 12 mg. tar and 1.0 mg. nicotine. Another good reason for being a Thinner.

Silva Thins—some combination. They look and taste great and they're low in tar.

Menthol too.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Filter and Menthol 12 mg "tar", 1.0 mg nicotine av per cigarette by FTC method.

continued

idea NOTEBOOK



Historic miniatures

If you are one of the millions who collect miniatures, you'll welcome the Butterfly Collection from Goebel Miniatures and Company—part of the same organization that creates the famous Hummel figurines. The collection is planned as a series of period rooms. The first room is "The Stuart Library" and consists of ten pieces of furniture and a 22-by-12-inch fully assembled room typical of 17th-century English interiors. You can buy the entire unit for about $350, or individual pieces for $18 to $48. Each precision-scaled miniature is hand-carved in hardwood from a photograph or drawing of an authentic antique. From these master forms, the Butterfly pieces are reproduced in minute detail. Mirror panels, intricate marquetry, brass hardware, pigeonholes, and drawers are all painstakingly copied. An 18th-century Chippendale drawing room with 11 pieces of furniture is also available. The pieces are replicas of furniture illustrated in Thomas Chippendale's *The Gentleman and Cabinet-Maker's Director,* first published in 1754. The entire unit is $410. Thoughtful, well-written color booklets describing the rooms and their furniture have been compiled by recognized antiquarians. The booklets are $2 each, and may be ordered from Hummelwerk, Inc., Box GM, 250 Clearbrook Road, Elmsford, N.Y. 10523.

continued

Viva® Designer Paper Towels.

UnbeVIVAbly strong. UnbeVIVAbly absorbent. And UnbeVIVAbly pretty.




Detail from "Festival"
approximately 1/2 size
MARTEX.
WE DESIGN
FABRICS THAT
HAPPEN TO BE
SHEETS.
With Martex sheets,
you can count on finding all
the qualities you expect
from fabrics. The high level
of design. The richness of
color. Here, twelve sparkling
colors from our pointillist's
palette make "Festival"
something to celebrate. It's
what happens when you
make your bed with fabric.
Sheets and pillowcases
of 50% Dacron® polyester/
50% combed cotton.
Also comforters, bed
skirts, ruffled pillow shams
and towels
West Point
Pepperell
MARTEX
LET US MAKE YOUR BED

continued

idea NOTEBOOK



Super lamp

It's a bird . . . it's a plane . . . it's a lamp from George Kovacs (831 Madison Avenue, N.Y., N.Y. 10021). This amusing little portable lamp folds to 18½ inches by four inches—small enough to fit in a suitcase. The lamp is white, blue, or red, takes a 60-watt bulb, and sells for about $60.

Learning by doing

A group with the unlikely name of The Lobster Factory has developed an innovative educational program for children. The premise of the program is that food shopping and cooking can be a learning adventure. Educator Lea Bramnick believes that the shopping/cooking experience can be used to encourage a child's natural curiosity and develop his or her sense of community responsibility. To that end, The Lobster Factory operates a children's cooking school in department stores and publishes **The Kids' Kitchen Encyclopedia,** for use by the child with an adult. The four-volume series (available at supermarkets) covers breakfast, lunch, dinner, and snacks. Each 23-page book—charmingly illustrated with color drawings—teaches kitchen skills, cooking processes, and food buymanship, and emphasizes the fun of cooking together. Education aside, the books—at 88 cents each—are a bargain answer to rainy day doldrums.



Bake a Comstock pie. They'll love you for it.

Who says you have to spend hours baking a pie? Not when there's Comstock Pie Filling. Take your pick of Apple, Blueberry, Cherry, Strawberry or Peach. All so luscious and juicy—all have real home-style flavor. Just spoon Comstock into a prepared pie shell, and pop it into the oven. Mmm—get a whiff of that tantalizing aroma of fresh baked pie. Who can resist it? And don't forget that big scoop of creamy vanilla ice cream. Your family will love it. And they'll love it all the more, because *you* baked it.

12¢ **SAVE 12¢**

on any variety of Comstock Pie Filling.



Mr. Grocer: Comstock Foods, Curtice Burns Inc. will redeem this coupon for 12¢ plus 5¢ handling if you receive it on the sale of the specified product and if upon request you submit evidence thereof satisfactory to Comstock Foods, Curtice Burns Inc. Any sales tax must be paid by the customer. Invoices showing purchase of sufficient stock to cover coupons must be shown on request. Coupons must not be assigned or transferred by you. Coupon void in any state or locality where taxed, prohibited or otherwise restricted. Cash value: 1/20 of one cent. For payment mail to Comstock Foods, Curtice Burns Inc., Box 1063, Clinton, Iowa 52734. Redemption on other than products specified constitutes fraud. Limit one coupon per family or address.

OFFER EXPIRES DECEMBER 31, 1980

BHG-1179 STORE COUPON 12¢



Curtice-Burns Inc.
Coast to coast with regional brands

Margaret Daly

What's your financial liability for your kids?



You hope it won't happen, but sometimes it does:

- **Your ten-year-old hops on his bicycle and rides away. Turning to wave to a friend, he swerves and knocks over an elderly neighbor, who falls and breaks her wrist.**
- **You get a call at work. There's been an accident; your 17-year-old explains that if she had seen the other car coming, she wouldn't have run into it.**
- **Mad at his teacher over a failing grade, your 13-year-old vents his anger on the school windows. He smashes two before he's caught.**

Will you have to pay?

The answer is: "Maybe." Here are some of the factors that can determine your liability in specific situations.

Under common law, it's assumed that, in ordinary circumstances, everyone—including children—is responsible for his or her own misdeeds. Parenthood alone doesn't transfer your child's responsibility to you. But there are plenty of exceptions and many circumstances in which you could be liable for damages caused by your minor child. For example, parental responsibility laws in most states make parents liable for malicious damage done by minor children. There also are a number of reasons why you could be held liable for an auto accident caused by a minor child. And, in some cases, the negligence of a child could be traced back to a parent.

Your responsibility: Moral or legal?

Legal responsibility aside, most parents probably feel a moral responsibility for damages done by their children, even under relatively non-suspect circumstances. In most cases, you'd probably ask the injured party to send you the bill and enlist your child's help in paying it. You might turn in a claim to your homeowners or automobile insurance company.

On the other hand, a situation might arise when you don't feel a moral obligation—and you wonder whether you have a legal one. Whether you do depends not only on the laws in your state, but on the unique circumstances of each case. It also depends on the age of the child. Generally, parental liability ceases when the child reaches the age of majority—18 except in a handful of states where emancipation occurs at 19 or 21. If a minor is married or supporting himself and no longer living at home, parental liability may also cease.

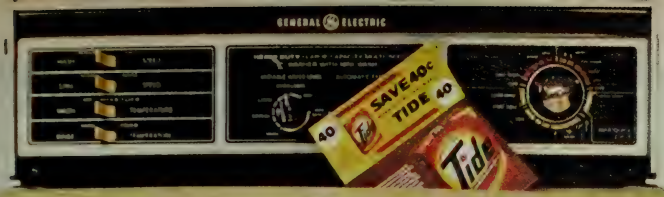
Injuries or damages due to negligence

Let's begin with the case of the ten-year-old bicyclist. Unless the accident occurred in Louisiana, you probably would not be held liable for the neighbor's doctor bills because of the general principle that an individual isn't responsible for someone else's negligence. Similarly, you probably wouldn't be liable if your four-year-old picked up a friend's expensive crystal elephant and smashed it to bits on her coffee table. Or if your 13-year-old, target shooting with his new bow and arrows in the backyard, missed the target and wounded his best friend.

Louisiana is an exception because a statute, traceable to French common law, makes parents liable for all damages inflicted through the negligence of children under age 18. Even there, a very young child probably would be assumed incapable of negligence.

Elsewhere, your legal obligations

continued



General Electric packs a Tide coupon to save you 40¢.

The GE Multi-Speed Washer features the exclusive Mini-Basket™ tub. It's like having two washers in one! The large size tub for family size loads; the Mini-Basket tub for small loads of regular fabrics or delicate fabrics, up to 2½ lbs. A special Mini-Quick™ cycle washes and rinses a small load in approximately 16 minutes.

"But I use Tide because I have two girls, six rabbits, and a lot of muddy dirt."

"My daughters raise rabbits. The rabbits get out of their cages and dig up the yard. When the girls chase them they tumble and fall, so I get some muddy clothes to clean! But Extra Action Tide cleans muddy dirt beautifully. I used to use another detergent, but with Tide I can really see a difference."

Lucille Rumpf

For a difference in clean you can really see on tough, muddy dirt.



Washed in Leading Powder "A"

Washed in Extra Action Tide

Washed in Leading Liquid "B"



Tide has agreed with washer makers to supply Tide coupons packed by them and feature their washers in Tide advertising. The makers of 15 washers pack Tide coupons in their top-loading automatics.

available in limited areas

continued

Financial liability

could be altered if the above examples varied slightly:

- *The agency relationship.* Take that bike-riding situation with your ten-year-old again and assume your son was riding his bicycle, not just for fun, but because you'd sent him to the store for some orange juice. This sets up what is known as an "agency relationship." Because he was acting as your agent when the accident occurred, you probably would be liable.
- *Failure to control.* Assume that your four-year-old was in the habit of destroying eye-catching trinkets and you knew it. Or assume that you were sitting on the couch watching her bang away with the crystal elephant and you made no effort to restrain her, even when your host asked you to rescue the object. You might be held responsible for the loss on the grounds that you failed to exercise control when you knew damage would probably result.

In a California case, parents of a four-year-old were ordered to pay when the child injured a baby-sitter. The court held that the parents—who knew that the child had a tendency to violently hurl himself against people and knock them down—should have warned the sitter.

Two elements are important in such cases generally: that you knew of, or should have known of, the danger, and that you had the opportunity to control the child and didn't.

- *Dangerous instrument.* Assume that your child isn't target shooting with a bow and arrow, but with a handgun he finds in your dresser. You didn't give him the gun or even show him where it was. But the fact that you left a dangerous instrument where a child could get it might make you liable. Helping to determine liability would be such factors as the age and disposition of the child, his experience with weapons, and where the gun was kept. The dangerous instrument need not be a gun. A steel-tipped bow and arrow could be dangerous in the hands of a nine-year-old who has had no instruction or supervision.

One of the reasons you carry homeowners insurance is that it offers financial protection if you're legally obligated to pay for injuries or property damages caused by your own negligence or that of your children. Even if you have only a moral, and not a legal, responsibility to pay, you're likely to get some help from your insurance. Most homeowners policies have a limited "moral obligation clause." At your request, the insurance company probably will make some payment for injuries or damages caused by you or your children, in the absence of a clear legal obligation. Most policies limit these moral obligation payments to $250 to $500.

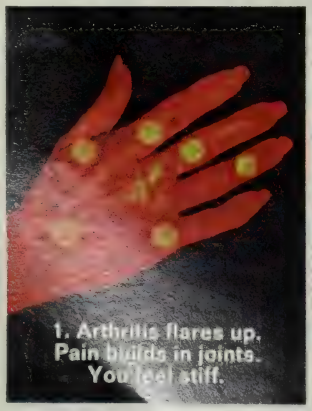
Willful and malicious damage

The picture changes when your child causes damages deliberately and maliciously, rather than carelessly. Throwing a rock through a school window is one example. Another is jumping the kid down the street and knocking his

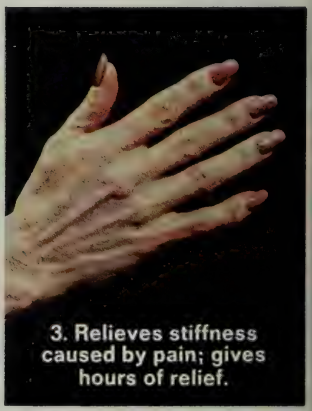
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Arthritis flare-up!

Now relieve pain and stiffness...fast!





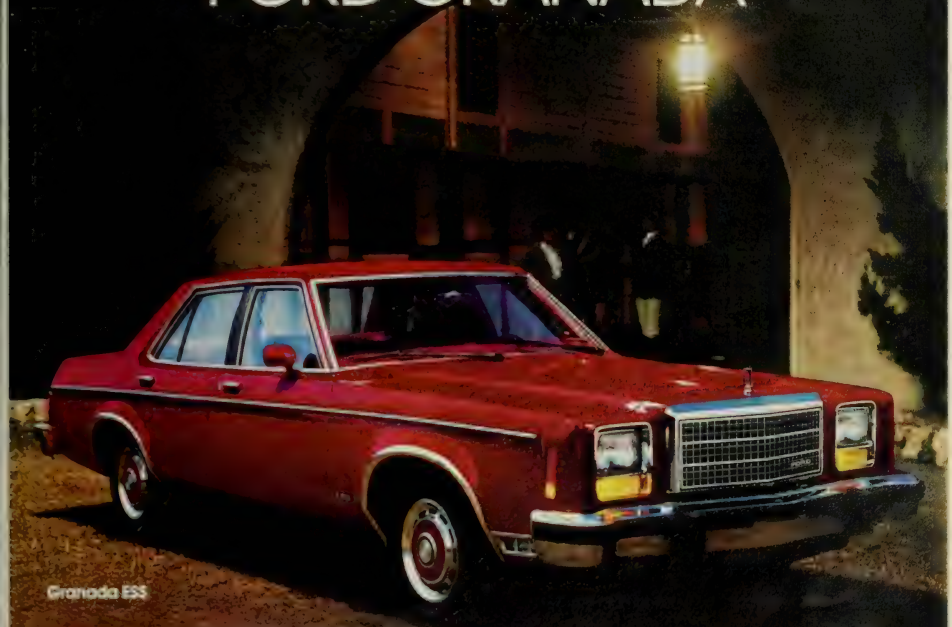


When you have minor arthritis flare-ups, make Anacin® your medicine of choice. Anacin is a medically recognized combination of ingredients. Anacin's pain reliever is recommended by doctors 4 to 1 over all other non-prescription medications for arthritis pain and its stiffness. Gives hours of relief for millions without stomach upset.

ANACIN
FAST PAIN RELIEF

Read and follow label directions.

INTRODUCING THE 1980 FORD GRANADA



Granada ESS

A modern American Classic

Granada. With classic styling similar to the German classic, Mercedes. But it's more than just elegant style that makes Granada right for the times.

Excellent Mileage.

Today, right for the times means good fuel economy. That's Granada.

19	EPA EST. MPG	28	EST. HWY. MPG
342	EST. RANGE	504	EST. HWY. RANGE

For comparison to other cars. Actual mpg and range may differ depending on speed, distance and weather. 4.1 liter engine not available in California. Actual highway mileage and range will probably be lower than estimate. Range based on EPA mileage and Granada's 19 gallon fuel tank.

High Resale!

Check the facts and figures. You'll see how Granadas have held up. A 1976 Granada returns an average of over 84% of its original sticker price.



Smartly styled optional reclining buckets.

(Averaged July, 1979, NADA Official Used Car Guide figures.)

Whether you buy or lease, see your Ford Dealer for full details and low prices on the Extended Service Plan. It protects your Granada even longer than the basic warranty. After all, when you have a classically-styled car like Granada, you want to really take care of it.

See your Ford Dealer now for a personal test drive.



Better Ideas for the 80's. FORD.

FORD GRANADA

FORD DIVISION Ford

continued

Financial liability

teeth out, or stealing the paper boy's collections, or vandalizing autos in a nearby lot.

Almost every state has a "parental responsibility" law which makes parents financially liable for property damages or personal injuries caused by "willful and malicious" acts of minor children. In most states, the maximum liability is $1,000 or less, plus court costs, although the ceiling in a couple of states is $5,000.

Liability under these statutes exists regardless of whether the child is criminally prosecuted. Although the statutes are aimed mainly at curbing vandalism, some states have applied them to theft and use them to effect restitution. A few states, including Utah, Illinois, and Washington, make parents specifically liable for the value of goods shoplifted by a minor child.

A parental responsibility law doesn't lift the burden of payment from the child's shoulders. If the minor has a job, a court is likely to first order him to make restitution and then involve parents only if he fails to do so. The parents' ability to pay and the extent to which they tried to control their child may also be considered. Courts that have examined the constitutionality of this type of law have held that parents are entitled to a hearing before payments are ordered.

Whether or not a state has a responsibility statute, a parent might be held liable for a deliberate act committed by a minor child for the same types of reasons the parent himself might be held liable for a negligent act. For example, the parent may have ordered or consented to the wrongdoing, or failed to try to restrain a troublesome child, or provided the dangerous instrument by which the act was accomplished.

Don't look for your insurance policy to rescue you in any of the above examples. Insurance is intended to protect family members from their negligence, not from deliberate acts that result in damages. A common exception is a situation involving a very young child. Most insurance companies agree that a child under a certain age, generally 13, isn't old enough for anyone to establish a malicious intent. The company probably will pay the claim.

The young driver

Parental liability takes on special definition in cases involving cars and other motor vehicles. The first consideration is who signed the driver's license application. About half the states require a parent's signature when anyone under 18 applies for a driver's license. By signing, the parent is jointly liable for damages arising out of the child's negligence as a driver. In some states, the liability ceases when the child turns 18, in others, it ends when the license expires.

If you didn't sign the license application and your child is driving his or her own car, you probably will not be liable for the child's mishaps. But again, there are exceptions. If your minor child smashes up his car while on the way to the cleaners to pick up your suit, you might be liable under the agency relationship. You could be held liable for placing a dangerous instrument—the car—in your child's hands if past experience has shown him to be incompetent or reckless. (Louisiana's parental liability law also applies to auto accidents caused by a youthful driver.)

Because of high rates, some parents don't insist that a minor child carry insurance on his or her car. They figure the insurance is unnecessary since the child has no assets to tap. That's not only poor moral judgment; it can be costly. A young, uninsured motorist may have liens placed against future assets for damages he causes. He might lose his driving privileges. And a parent, if drawn into the case, can't expect help from his own auto policy.

"A parent should see not only that his child carries insurance, but that he carries the same kind of liability that the parent carries on his own automobile policy because of the possibility that the parent might be involved," recommends Carl Kugel, Claims Counsel for State Farm Insurance Companies. The child's policy would protect the parent in case he is

continued

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continued

Financial liability

held jointly responsible for the child's accident.

The picture changes somewhat if a minor child causes an accident while driving his parent's car. Assuming you haven't signed the child's license application, your liability will depend on the state and the circumstances. Some instances in which you probably would be liable:

- If the law in your state makes the owner of a vehicle liable for damages caused by anyone who drives it with his permission. Laws like that exist in a few states, including Iowa, New York, California, and Idaho.
- If state law makes the owner liable for damages caused by any minor he allows to use his car. Delaware and Maine are two states that have that kind of law.
- If your state applies the "family purpose" doctrine to automobiles. This means that a car owned by a parent is considered to be a family car, and the parent is generally held responsible for damages caused by any family member who drives it. The family purpose doctrine has been applied in a few states, including Arizona, Connecticut, Georgia, and Nevada.
- If you let your child drive your car when he or she is too young or is unlicensed.
- The agency relationship or dangerous instrument theory could be proved.

Generally, you're not liable for damages caused by a minor child who takes your car against your orders. An exception might be if you leave the keys where they're easily accessible to a child who has a history of disobeying your orders regarding the car.

Signing on the dotted line

Suppose your 17-year-old charges a stereo at a local music shop and, three months later, quits making payments. Will you have to pay the bills?

Not unless your signature appears on the account. Your child probably won't have to continue to pay either. Most contracts signed by minors are considered voidable—that is, the minor can renounce them at any time. But there are some exceptions to the voidability rule. A minor's contracts to enlist in the armed forces, to marry, to get a driver's license, to buy car insurance, and to take out an educational loan are binding in most states.

In the case cited here, your child probably would be obligated to return the stereo and might be ordered to pay a sum equal to the extent the equipment had depreciated. But you would have no liability.

Generally, there are only two circumstances in which you might be held liable for contracts signed by a minor child:

- If you co-sign the agreement. Because of the problem of voidability, most businesses insist that a parent also sign a loan or charge account.
- If the contract is for the purchase of "necessaries" which you, as a parent, are legally obligated to provide and which you have not been providing. Necessaries would include food, shelter, a reasonable amount of clothing and medical care.

—Barbara Mantz





Holiday spirit in the American tradition.

In this painting for The Saturday Evening Post, Norman Rockwell captured for all time the spirit of the American family at holiday time. He put on canvas the feelings of fellowship and good cheer that would be impossible to put into words. He knew that good food plays a vital part in American holiday tradition, with turkey as the centerpiece.

There are other familiar dishes that complement the holiday turkey, and candied sweet potatoes is one of them. Mrs. Paul's Kitchens make them in a way that's right in keeping with tradition. Firm, fresh-tasting sweet potatoes, laced with a sauce of brown sugar and caramel for a natural sweet taste. They're frozen and ready for you to put in the oven. While they're baking, they make the whole house smell holiday-good.

You'll find Mrs. Paul's Candied Sweet Potatoes in your grocer's freezer. Please read the ingredients on the label. They tell you how proud we are to make them for you the traditional holiday way. As proud as you'll be to put them on your holiday table. Mrs. Paul's frozen Candied Sweet Potatoes. All you add ...is your family.





Candied Sweet Potatoes.
A taste of tradition from
Mrs. Paul's Kitchens

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Choosing and using a dinette set

In newer homes today, the traditional separate dining room is more of an exception than a rule. Its contemporary equivalent is the family dining area, a space that falls somewhere between a breakfast nook and a standard room in both size and function. This area may be part of an L-shaped main living space, a large country kitchen, or even a family room/den.

Manufacturers have responded to this trend in home design by expanding their furniture lines to include small dining, or dinette, sets. Of course table-and-chair sets, and the term "dinette," have been around for years: A couple of decades ago, dinette sets stood in the middle of most kitchens in the country. They were sturdy, practical, inexpensive, and not particularly attractive.

But today's dinette sets are a far cry from yesteryear's versions. They're good-looking, available in a variety of furniture styles, and appropriate for many uses. Here's some information to help you make your selection.

Dinette vs. dining room sets

In general, dining room and dinette sets are differentiated by size and price. Round dinette tabletops are up to 30 inches in diameter; rectangular ones, up to 44 by 66 inches. Tables larger than those are usually meant for separate dining rooms.

Dinette sets range in price from approximately $200 to $600; regular dining groups start at around $500 to $600.

The lowest priced dinette sets are bistro or French café style, with a tiny table and two small chairs. The table is larger in more expensive sets and normally comes with four or six chairs.

Materials and styles

Most dinette furniture has metal frames, although there are wood groups available.

Wood dinette sets are usually either Early American in styling with a drop-leaf, trestle, or pedestal table, or contemporary, with a block or Parsons table. Some feature extension leaves or flip tops that double the size.

Quality lines are usually made of hardwood, with a maple, pine, or golden oak finish.

The most popular wood chairs are bentwood, arrow-back, ladder-back, and captain's and mate's chairs.

Metal sets may be made of chrome-finished steel, wrought iron, or the newer brass-finished steel. The chrome and brass sets are in casual, contemporary styles, with glass, plastic laminates, or butcher block tabletops. Laminated tops are available in high-gloss burl, simulated parquet, exotic wood grains, and dozens of different patterns.

You can choose round, square, rectangular, octagonal, or oval tops; bases are either four-legged or pedestal style. Pedestals come in a variety of shapes, including curves, circles, and arches.

Matching metal chairs are often plushly upholstered in anything from tufted velvet to soft vinyl. Tall backs sometimes have cushions that wrap over the edges for extra comfort.

Rush, dark wicker, and cane are frequently used as accent materials.

Wrought iron is usually shaped into lacy-looking New Orleans styles. This type of furniture, once considered appropriate only on porches or patios, can now be seen in city apartments and country kitchens as well.

Special items

In addition to regular chair and table groups, there are a few small dinette sets reminiscent of the old-fashioned kitchen breakfast booths. The new versions are not built-ins, but corner models with padded benches that wrap around two sides of a square plastic-topped table. Two matching chairs come with the set.

Some manufacturers offer optional furniture pieces, such as étagères and hutches, in conjunction with their dinette sets.

Consider sizes

Before you start shopping, check the size and shape of your dining space and consider the function of the dinette set. Will you be using it for meals every day or just for breakfast or occasional snacks? How many people do you want to seat? Do you want a table that can expand for special occasions, and if so, do you have sufficient space? Answers to questions such as these will help you determine the size and type of dinette set to buy.

Remember that each diner needs about two square feet of table space, so a 44x66-inch table would serve six comfortably, and even eight snugly. A small café table, big enough for breakfast for one or two, will fit into a corner area four feet square.

Be sure to allow enough space for chairs to pull out and for serving.

Where to buy

As a rule, the best policy when shopping for any furniture is to buy from a store that has an established reputation in your community. But you may find the best selection in dinette sets at one of the newer specialty or life-style stores that have opened around the country in recent years.

If this is the case in your area, look for furniture that's made by well-known manufacturers. Also examine the furniture carefully and ask questions. If the hangtag does not list information you want, ask to see the manufacturer's brochures and specifications, and find out what guarantees are offered against defects.

Checkpoints

Tables: Whether the tops are of wood, laminated plastic, or glass, the surface should feel perfectly smooth to your fingertips. Lean down and look at the top against the light. If a wood surface is pebbly or a glass top distorted, you will be able to see these defects. Examine laminated surfaces for scratches, rough spots, or tiny bumps.

Edges of laminated tops should be smoothly finished and should match the top surface. Glass edges should be

continued



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MONDAY MAGIC

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Combine ingredients in blender container. Cover and run on high until smooth and well blended. Pour into chilled glasses. 2 servings (10 oz. each)



TUESDAY TRIUMPH

2 cups DEL MONTE Pineapple Orange Juice Drink, chilled • 2 Tbsp. creamy peanut butter 1 small ripe banana • 4 ice cubes

Combine ingredients in blender container. Cover and run on high until smooth and well blended. 2 servings (10 oz. each)



FRIDAY FLIP

1 cup DEL MONTE Pineapple Pink Grapefruit Juice Drink, chilled • 1 egg • 1 can (8-3/4 oz.) DEL MONTE Sliced Peaches (drained) • 1 tsp. sugar or honey 4 ice cubes

Combine ingredients in blender container. Cover and run on high until smooth and well blended. 2 servings (9 oz. each)



SATURDAY SUNRISE

1 cup DEL MONTE Pineapple Grapefruit Juice Drink, chilled • 1 Golden Delicious apple, unpeeled, quartered and cored OR 1 can (8-1/2 oz.) DEL MONTE Applesauce • 4 ice cubes

Combine ingredients in blender container. Cover and run on high until smooth and well blended. Pour into glasses. Sprinkle with cinnamon and serve immediately. 2 servings (11 oz. each)



continued

Dinette set

rounded and smooth.

Glass tops should be of heavy tempered glass that won't shatter under a hard blow.

Metal tables should have rubber-encased glides on the legs to protect the floor. Adjustable glides are good if the floor is not quite level.

Rubber pads set into table corners between the frame and the glass top will minimize rattling and the chance of breakage.

Try to jiggle the table. Although you cannot expect the lowest priced wood table to be as sturdy as a larger and more expensive model, don't waste your money on a wood table that's not reasonably stable. Metal tables, no matter what the price, should be put together with metal dowels or long screws, or firmly welded so the table feels stable.

Check the welds on metal tables and chairs. The welds should be smooth so they will not snag clothing or hands.

Ask about finishes on frames and legs. Painted finishes should be oven-baked. Brass and chrome finishes should have special overcoatings to make them abrasion resistant.

Chairs: While some dinette groups still are sold as sets, most now have separately priced tables and chairs. This makes it easy to mix and match tables and chairs in the line—or coordinate a piece with another manufacturer's line. However, the finishes on chairs and tables are more likely to match exactly if you select from the same manufacturer.

Check armchairs to be sure the arms will fit under the table. In a small room, it's important to be able to slide chairs out of the way between meals.

Are chairs adaptable? Will they provide comfortable seating in a conversation grouping, if necessary? Do they have casters or swivel mechanisms that facilitate moving them from room to room? If so, do the chairs swivel and roll quietly and smoothly?

Upholstery fabrics should have

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stain-repellent finishes, as dinette furniture is subjected to spills. Fabrics should be fairly heavy and tightly woven. Vinyl should have a heavy fabric backing so the seams won't split.

Check the padding beneath the upholstery fabric. If the padding is foam, does it look as if it were molded to fit the chair frame, or does the foam seem to pucker and ripple? Low-density foam tends to flatten out when used often, so seats on quality chairs are padded with high-density foam.

Turn the chair over. Has heavy tubing been used for the frames of metal chairs? Are legs or base sections far enough apart so the chair won't tip over easily?

Next, sit on the chair and lean back to see if the frame of the chair seat is well balanced.

Does the chair fit you? Is it comfortable—or do the curves, spindles, or lacy decorations dig into your back or shoulders?

Care and cleaning

Tabletops: Many dinette tables are topped by easy-care glass, which you simply clean with a glass cleaner. For plastic tops, you can use a mild detergent solution.

Check the labels on any commercial spray cleaner designed for plastic tops to be sure it is safe for all plastics. Don't use abrasive cleaners as they will dull the shine.

Though plastic laminate is as tough and mar-proof as a tabletop can be, use common sense and give the top reasonable care.

Plastic can be burned with cigarettes or hot pans, cut by sharp knives, and damaged permanently by such things as paint, tar, and nail polish and polish remover. Use hot pads and trivets on glass and plastic tops, just as you would on wood. Don't use a plastic top as a cutting board.

If a laminated top becomes dull looking from wear and abrasion, polish the top with a low-luster cream polish. Badly worn areas can be helped to some extent by using a one-step automobile cleaner and polish.

Stains: Wipe up spills quickly and sponge with clear water to prevent stains. Clean off caked-on food with a brush or plastic scraper, never with a metal scrubber.

Most food stains can be removed with a paste of baking soda and water. Leave the paste on for a minute, then blot it up gently.

Spilled paint or shoe polish should be wiped off with a cloth dipped in naphtha. Don't use paint remover or liquid brush cleaner on vinyl. The marks from a ball-point pen can be removed with rubbing alcohol.

Frames: Dusting and wiping with a damp cloth now and then should keep chrome and brass frames clean. Use a good chrome or brass polish to enhance the shine, or a hard wax to help preserve the finish.

If wrought iron develops rust spots, sand the rust pockets right down to the bare metal and then repaint with a good enamel.

Upholstery: All fabrics on chairs, even if soil-resistant, should be cleaned immediately if anything is spilled on them. If cleaning directions are not on a hangtag when you buy your chairs, ask the salesperson about them.

After you blot up spilled food, spot clean with an appropriate dry-cleaning fluid or mild detergent suds, wiping in the direction of the pile. Rinse and dry. To prevent matting of a pile fabric, such as velvet, velveteen, or corduroy, brush the fabric lightly while it dries.

Don't let water or cleaning fluid soak into foam-upholstered cushions.

Sponge vinyl upholstery with warm water and mild detergent. Let the solution stand for a few minutes to loosen dirt, then wipe with a clean damp cloth and polish with a dry cloth. Never use any type of dry cleaning solvent on vinyl upholstery.

Tears, deep scratches, or other damage on plastic upholstery and on plastic tabletops should be repaired by a professional.

Wicker and rush backs and seats can be cleaned with the air-hose sprayer of your vacuum cleaner. After you've blown dust and loose dirt out of the crevices, clean the basket weave with a soapy sponge. Rinse thoroughly and then wipe dry.

Small breaks in wicker and rush can be repaired with plastic resin or waterproof glue. Use spray paint or lacquer if you want to repaint wicker.

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THREE GREAT LAMPS YOU CAN BUILD YOURSELF

By David Haupert

Few lights can outshine this trio when it comes to good looks and efficiency. And you can build these designs yourself. Just round up some wood, aluminum, plastic, and a few basic lamp parts, and you're all ready to create these spectacular turn-ons.

This plant-display light could even make pots of crabgrass look exotic. Cut the wood pieces from 1x12-inch cedar. Groove two edges to accept a square of translucent plastic, and screw a wired ceramic socket to the wood surface opposite the plastic. Glue and clamp together all wood pieces except the bottom. Drill a hole in the side of the lamp and install the cord and switch. Glue ¼x¼-inch strips of wood ¾ inch from the bottom edge of the lamp. Install a mini-spot bulb in the socket, and screw the bottom piece in place.

continued

The great taste of holidays past.



Almond Pudding Loaf

- 1⅓ cups toasted and finely chopped Blue Diamond® Whole Natural Almonds
- 2½ cups Bisquick® Baking Mix
- ¼ cup sugar
- 1 package (3¾ ounces) vanilla instant pudding and pie filling
- ⅔ cup milk
- ¼ cup vegetable oil
- 4 eggs
- Creamy Glaze (below)

Heat oven to 350°. Generously grease loaf pan, 9x5x3 inches; sprinkle ⅓ cup of the almonds over bottom and sides, pressing if necessary. Beat remaining almonds and remaining ingredients except glaze in large mixer bowl on low speed, scraping bowl constantly, 30 seconds. Beat on medium speed, scraping bowl occasionally, 3 minutes. Pour into pan. Bake until wooden pick inserted in center comes out clean, 50 to 55 minutes. Immediately remove from pan. Cool completely on wire rack. Spread with Creamy Glaze. Garnish as desired.

Creamy Glaze: Beat 1 cup powdered sugar, 1 teaspoon rum extract, or almond extract or vanilla and 1 to 2 tablespoons milk until smooth and of desired consistency.

High Altitude Directions (3500 to 6500 feet): Heat oven to 375°. Decrease baking mix to 2 cups and add ½ cup all-purpose flour. Omit sugar. Increase milk to ¾ cup plus 2 tablespoons. Beat on medium speed 1 minute. Bake 45 to 50 minutes.

Remember when the holiday season was filled with the delicious smells of home-baking that drifted out of the kitchen to fill every room?

Well now you can re-create that warm holiday feeling wi our Almond Pudding Loaf that's made from Bisquick® and Blue Diamond® Almonds.

You know Bisquick. A tradition in itself, it has over 45 years of baking experience in every box to make ever dish so easy, so delicious.

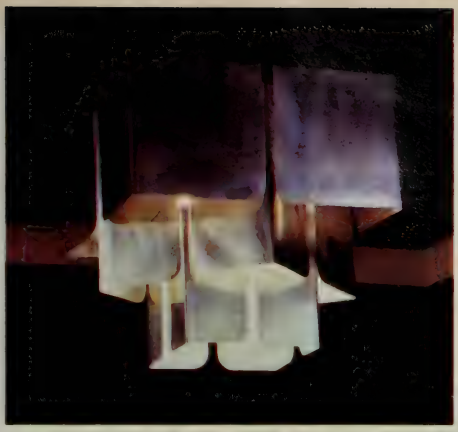
There's nothing like Blue Diamond Almonds for addi an extra touch to your holiday dishes, too. And Blue Diamond Almonds come every-which-way from chopped to slivered to fit all your cooking needs.

Almond Pudding Loaf. So good, it's a lot like the holidays—neither one ever seems to last long enough.

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continued

THREE GREAT LAMPS YOU CAN BUILD YOURSELF





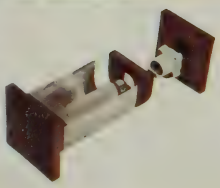
This contemporary aluminum chandelier can't be outshone by the poshest store-bought fixture. Start by cutting the squares from ¾-inch plywood. Next, cut holes in the centers of the two smaller squares to accommodate the socket to be mounted on the large square. Paint all three pieces.

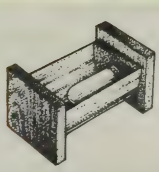
Now cut the aluminum pieces. Drill holes along the top edges of the aluminum and bend the pieces to fit around the corners of the wood bases. Attach a ceramic socket to the largest square, then screw the shortest aluminum pieces to the edges of this square. Wire the socket into the source and attach this much of the unit to the ceiling.

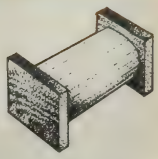
Next, screw the aluminum pieces to the sides of the two smaller squares. Then slip the smallest unit inside the center unit, rotated 45 degrees, and glue the two together. Screw the completed center unit to the ceiling-mounted section, again rotated at a 45-degree angle. Put in a large white bulb, and you're in business.



Anyway you aim it—up, down, or inward—this three-directional design is a standout. Cut four wood pieces from ¾-inch pine. Rout out two of the end pieces to accept the ceramic lamp socket, then glue together the wood pieces that form each end of the unit and stain them. Mount the socket and add a cord. Cut a piece of aluminum for the trough-like bulb shield, and drill screw holes in each end of it. Crease the two edges of the aluminum that will be exposed, and bend it to form a half cylinder. Then screw the aluminum shield to the wood ends. To produce a patina finish, buff the aluminum with extra fine steel wool. Connect a line switch and plug, install a frosted showcase bulb, and you're ready to show off both the lamp and whatever it's spotlighting.







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HOW TO REFINISH WOOD FURNITURE

Whether you're motivated by a pure love of Americana or a practical desire to save money by recycling wood furniture, finding treasures and getting them home is just the beginning. Restoring wood furniture to its original beauty can be a time-consuming, tedious task—but the reward is considerable. A secondhand item can be made better than new in terms of the character it can add to a room.

Here's some information to guide the novice refinisher through the process.

Sizing up the furniture

Before you begin a complete refinishing job, make sure it's really necessary. Some down-and-out pieces that appear to need refinishing may benefit just as much from a thorough cleaning. To find out, wash a good-sized section of the furniture piece with paint thinner. If a white haze appears, buff it away with extra-fine steel wool. Then apply several thin coats of wax. If the results are satisfactory, you will have saved yourself lots of time and work.

Secondly, take a good, hard look at the grain of the wood, and its condition in general. Clear, natural finishes are meant to bring out the beauty of the wood. If the wood isn't beautiful, the piece may not be worth refinishing.

Off with the old

Unless you decide to take your piece to a professional stripper, your first step in the refinishing process is removing all of the old finish. Paint or varnish remover will soften paint, varnish, and almost any other brush-on finish so you can lift it off with a scraper or water pressure, depending on the type of remover you buy. There are many different kinds on the market today, but they fall into three basic categories: paste, semi-paste, and liquid. All will remove the old finish, but a nonflammable, nontoxic paste is probably the best for indoor use.

Whichever type of remover you choose, you should always take some



general commonsense precautions:

- Wear rubber gloves to protect your hands. If your hands perspire in rubber gloves, wear cotton gloves inside the rubber ones.
- If you can't work outside, always work in a well-ventilated room and take frequent fresh-air breaks.
- Stripping off old finish is a messy job, so cover any work surface with newspapers or plastic sheeting.
- Always read the label directions thoroughly before you open the container. Procedures—and hazards—vary somewhat from product to product. In any case, open the container carefully, and bear in mind that you're dealing with a combination of powerful ingredients.

Use your brush to spread generous amounts of remover onto the project. Use plenty, but don't overbrush. You can pour the remover directly onto the horizontal surface of your furniture piece, then spread the solution evenly with a brush.

Allow the remover to work up to 30 minutes. Test its progress by scraping across the surface with a putty knife.

If you strike bare wood, start scraping. Use a wide-blade scraper or putty knife to lift off the sludge. Keep the blade at a low angle to avoid scratching the wood. Clean off the residue with a pad of steel wool, lifting the pad often as you work and dipping it in water to remove the sludge. If you're using a water-soluble stripper, wash down the piece with water. Don't use water on veneered surfaces or glue joints.

To clean round turnings, make a rope out of burlap or steel wool. Dip the rope in remover and pull it back and forth as you would a shoeshine rag. For carvings, use a medium-sized bristle wire or fiber brush. Toothbrushes and toothpicks are handy tools for reaching into recesses.

Checking for minor repairs

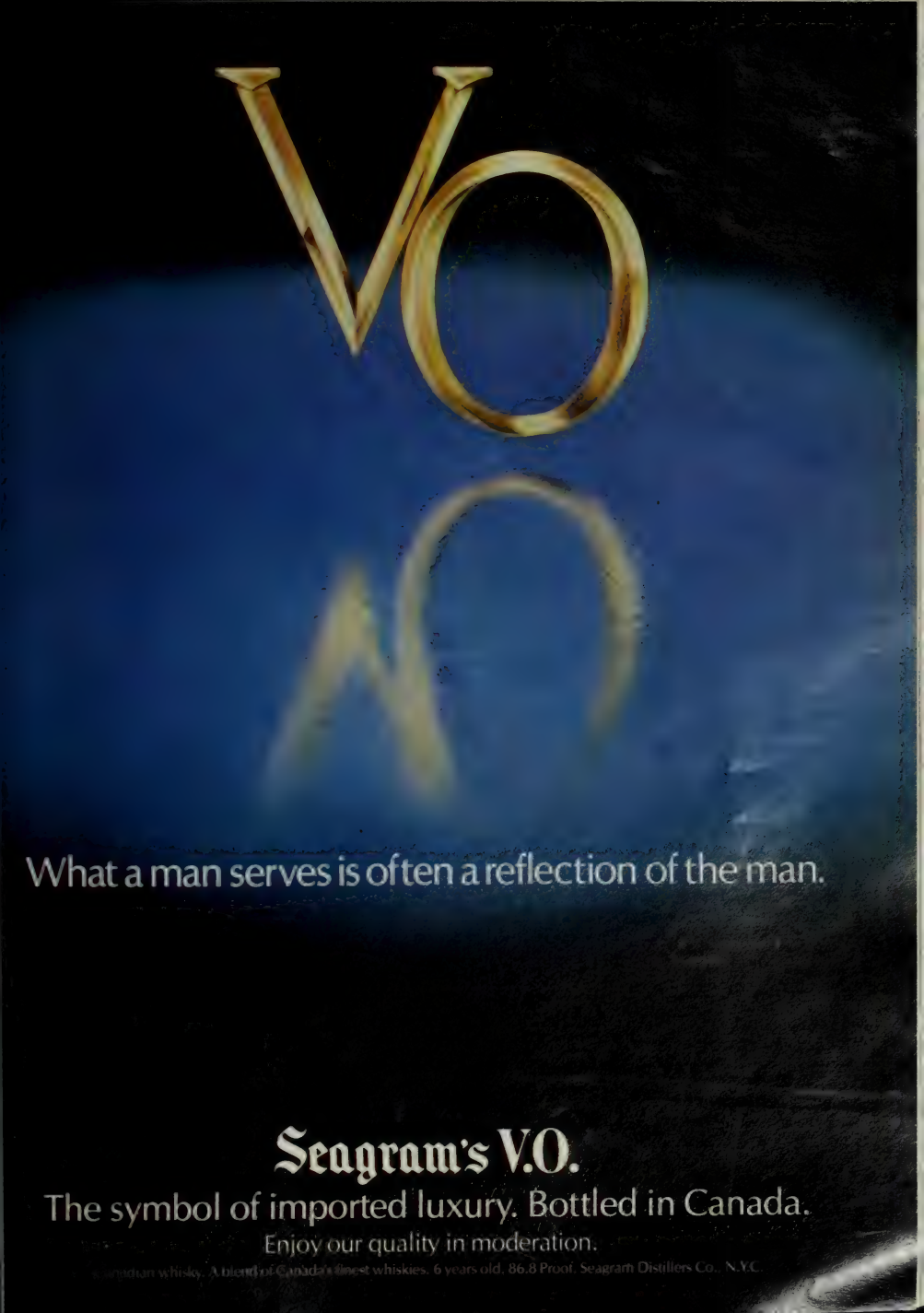
At this point, check the piece over carefully to see if any repairs are necessary. Old chairs and tables are often wobbly because legs and supports have come unglued, or support holes have worn too large at the joints from constant use. To repair the damage, scrape off all the old glue on both portions of the loose joint and then refasten the leg or support with white glue. Let it dry completely. If a hole is too large, build up the loose support with glue or small wood pieces. Then trim the support, if necessary, so that it fits the hole snugly.

Use a good wood putty to fill in any wood cracks. Remove any excess putty with a rag or fine-grit sandpaper. Also be sure no excess glue remains on the project. Stain will not penetrate glue, and the glue will show through clear finishes.

If the furniture is slightly dented but the wood fibers aren't broken, you may be able to spruce up the piece without resorting to putty by applying steam. Steaming is done by laying several folds of damp cloth over the damaged surface, applying a hot iron for several minutes, then removing the cloth. In

continued

Drawing: Our Gang


VO
What a man serves is often a reflection of the man.
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sheet of loose veneer. Apply the cement to the back of the veneer sheet and to the undersurfaces with a brush. Allow time for the surfaces to dry to the touch. Then, carefully lay the veneer sheet back in place and secure it by rolling it with a rubber roller or rolling pin. Be very careful as you join the two pieces. If you don't apply the veneer in exactly the right position, you won't get a second chance.



continued

How to refinish wood furniture

many cases, the steam swells the wood fibers and returns them to their original state. Since steam will raise the grain of the surrounding wood, you'll have to do a little extra sanding to smooth the surface.

Loose veneer is a problem, but it's not difficult to fix if you've kept the chipped pieces. Then all you need to do is rejoin them with ordinary glue or contact cement. When just a small chip is warped, lift the edge carefully and squirt some white glue into the pocket. Use a thin knife blade to spread the glue evenly. Then place a piece of waxed paper over the wound and a board on top of the paper. Clamp the repaired section with a C-clamp until the glue is dry.

Use contact cement to fix a large

Sanding

The sanding stage of a refinishing project is crucial. It can make the difference between a professional-looking piece and a loser.

The amount of sanding you need to do naturally depends upon the condition of the piece. If the surface is really banged up, start with a coarse- to medium-grit abrasive. If you are using a belt sander, be careful not to apply too much pressure. A belt sander cuts quickly and can "groove" the surface of the wood. And unless you're a skilled craftsperson, don't use a belt sander on veneer; the chances are good that you'll go right through the thin wood.

After this and all subsequent sandings, remove dust and other residue as completely as possible. Wipe the surface with a cheesecloth rag dampened with mineral spirits.

Next, sand with a medium- to fine-grit abrasive. You should by this point have a fairly smooth, but not finished, surface. Unless you plan to bleach or water-stain the wood, dampen the surface to raise the grain. Then use a very fine abrasive, and finish sanding the piece by hand.

Staining and bleaching

If you're not happy with the wood's natural hue, you can change the color with stain, or lighten it with bleach. Before applying a stain, experiment on an area of your project that won't show. Remember that the color produced by a stain is determined by how long you let the stain penetrate the

continued on page 106

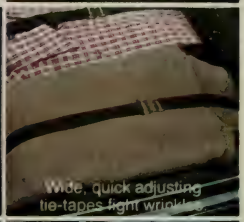


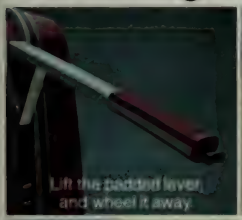
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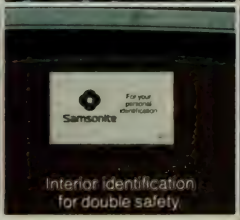
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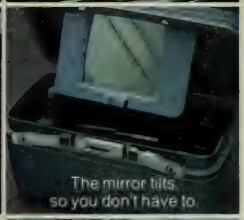






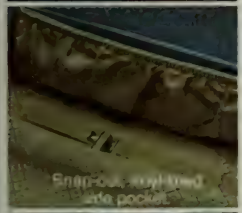










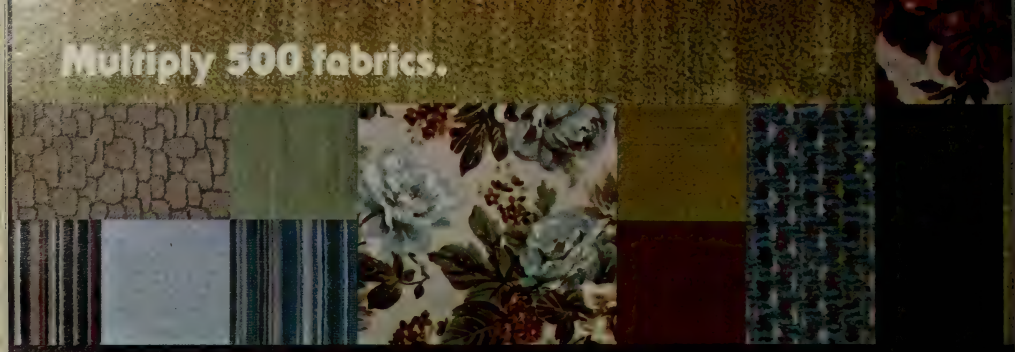




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continued from page 102

How to refinish wood furniture

wood. The longer you leave the stain on before wiping, the darker the color will be.

Applying a commercial wood bleach is usually a two-step process, and often the bleach must stand overnight. Follow directions carefully. You can also use laundry bleach or oxalic acid. These must be neutralized after application with white vinegar or ammonia, mixed one part with ten parts water.

"Natural" wood finishes

Varnish and polyurethane varnish. Like clear paint, both varnishes form a hard, smooth surface on the wood. Polyurethane is a sort of super varnish because it's impervious to liquids, and although it's as hard as nails, it tends to flex as the wood expands and contracts. Varnish is also impervious to liquids, but it doesn't create the same super-hard finish as polyurethane does. Both varnishes are applied with a brush as paint is, and both are available in gloss, satin, and matte finishes.

Lacquer. This is a quick-drying finish that doesn't build up the thick coat that varnish or polyurethane does. Although lacquer is not as durable as varnish, it's easy and quick to apply. One or two coats will create a bare-wood finish while still protecting your piece from dirt and wear. Lacquer is best applied with a spray gun, but if you work carefully and quickly, you can get good results by using a fine, natural-bristled brush.

Shellac. Clear or pigmented shellac produces a soft finish that is easily damaged by water but is also easy to repair. Always apply shellac with a new brush; usually five to eight coats are necessary. Finish the job with a hard paste wax.

Sealer and filler. Sealer is usually used to seal wood pores and create a smooth surface for the finish. After applying the sealer or filler, sand the dry surface smooth with 400-grit paper. (Remember that shellac can be used as a sealer for just about any furniture finish, except lacquer.)

Filler is used to fill the holes in very open-grained wood and create a smooth, uniform surface for a sealer.

Oil finish. Oil is simple to apply and will give you a beautiful bare-wood look. Although it will not make wood as wear-proof as varnish, polyurethane, or lacquer will, oil soaks into the wood grain to make the surface more durable. An oil finish is a good choice for fine furniture or pieces that don't get hard wear. To apply the first coat, pour the oil onto the wood surface and spread it evenly with a brush. When the surface is dry, sand it lightly to remove the raised grain. Apply each subsequent coat with the grain, rubbing hard with a rag. A really fine oil finish may require six or eight applications, with some tiresome rubbing and lengthy drying time between. Using a commercial resin-oil finish speeds up the process. Be sure to follow the manufacturer's instructions.

Whichever method you choose, finish the job with hard wax after the final coat of oil.

Application

If you opt to finish your project with varnish, shellac, or lacquer, follow the manufacturer's directions for thinning and stirring, where applicable.

Dip a good-quality natural-bristled brush into the liquid until you've covered about one-third of the bristles. Strike the brush lightly on the side of the can to remove excess liquid and gently brush the finish onto the wood surface. When you've completed a section of your project, drybrush over the area with long, overlapping strokes. Always brush with the grain of the wood, using just the tip of the bristles.

If air bubbles appear on the wood surface as you're applying the liquid, you may be bearing down too hard on the bristles. Wiping the bristles against the rim of the can or shaking the can before opening it can also cause bubbles to form. To eliminate them from the wood surface, apply more of the finish and continue to brush until you work them out.

After each coat of varnish or shellac is completely dry, smooth it with very fine sandpaper or steel wool. This ensures proper bonding between coats. Lacquer is the only clear finish that does not require sanding or finishing with steel wool between coats.



"Us Tareyton smokers would rather light than fight!"

Your present filter is only doing half the job, because it doesn't have Tareyton's activated charcoal filtration.
There is no substitute for Tareyton lights flavor.



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Kim Garretson

What to know before you buy stereo equipment



If you don't understand the jargon, it's easy to get confused about stereo equipment. All of the lights, dials, and specifications can be intimidating. But shopping for sound eventually comes down to some pretty basic choices. Here we answer 10 stereo questions to help you make sound buying decisions.

Is now a good time to invest in stereo gear?

We think so. Advances in solid-state technology have enabled manufacturers to create products with amazingly accurate sound reproduction at reasonable prices. Today, systems that cost a few hundred dollars sound as good—or better—than systems that cost thousands of dollars a few years ago.

Also, it's important to remember that most stereo equipment is manufactured in Japan. The fluctuating value of the dollar against the yen, together with proposed import restrictions, means you can expect prices for stereo gear to steadily climb.

What's the difference between compacts, components, and consoles?

Here's a breakdown of the advantages and disadvantages of each type of stereo system.

Consoles—also called home entertainment centers—usually are poor-quality stereo systems packed in furniture-style cabinets. Since both the right and left speakers are built into the same enclosure, it's impossible to hear the separation between the channels, which is what true stereo is all about.

Compacts are systems with the turntable, AM/FM radio and, occasionally, a tape deck built into the same unit. They're at least one step better than most consoles because the speakers are separate and can be placed independently for optimum sound.

Until recently, many compact systems were designed to sell at a low price and sounded average at best. But with consumers looking for more high-fidelity alternatives, that's beginning to change. New, higher priced compact systems from several manufacturers, including Centrex, Fisher, Sony, Technics, and Sansui, provide excellent sound and can work well in small spaces.

Components are the best buy if your primary consideration is sound quality. Also, a component system is more versatile; you can upgrade by replacing one component at a time rather than buying an all-new stereo.

The **receiver** is the central unit in the system. It includes an AM/FM radio, volume and tone controls, filters to help you adjust the sound, input plugs for your turntable and tape deck, as well as output plugs for your speakers. If a salesperson shows you components called separates—preamplifiers, amplifiers, and tuners—keep in mind that a receiver performs all of these functions in a more space-efficient manner, and usually for less money than you would pay for separates of equal quality. However, separates do offer more versatility.

The **turntable** is designed to turn records at a steady rate of speed. You can buy a turntable to play one record at a time, or to stack six or more albums for continuous play. With a *manual* table, you lift the tone arm onto and off the records by hand. *Automatic* tables handle the job mechanically. Many tables are *semi-automatic*, with combinations of manual and automatic features; for example, some require you to lift the tone arm over to the record to start the turntable, but the shutoff is automatic. As a rule, the least expensive turntables are manual; you'll pay extra for every automatic feature.

The **cartridge** fits on the turntable tone arm and translates the grooves on

continued



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Spacemaker oven fits in beautifully and has its own exhaust fan and light for my range below.

"I love the way it's changed my kitchen.

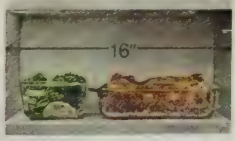
I never dreamed how simple it would be to give my kitchen a custom look. The wood tones blend in beautifully with the rest of my kitchen. And with the Spacemaker oven in combination with my range, I now have two ovens in one convenient location.

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GENERAL ELECTRIC

continued

Stereo equipment

a record into sound. You'll want to buy a reasonably good one; if your turntable and cartridge budget is $200, you should spend $60—or 30 percent—on the cartridge.

You can buy **speakers** to stand on the floor, sit on a shelf, or hang on a wall. Don't be confused by all the jargon—two-way, three-way, passive radiators, etc. The trick is simply to *listen* and select the pair of speakers that best suits your ears and your budget. Because the speakers will translate the signals from the other components into the sound you hear, pick out the speakers you like before shopping for the other components.

It's also possible to run a **tape deck** through your component system. If you'd like to record live performances, you probably should buy a *reel-to-reel* deck for higher fidelity and easier editing. If you already have a collection of *eight-track* tapes, you can buy an eight-track deck, but the dependability and sound quality of these units usually are poor.

Cassette decks are, by far, the most popular tape equipment. They can provide excellent sound reproduction at affordable prices. Cassette decks are cheaper than reel-to-reel decks, and—like eight-tracks—can provide home-recorded programs for playback on a compatible car system.

How much should I spend?

A reasonable budget for new stereo equipment begins at $500. From there, the sky's the limit. While it's possible to buy systems for less, lower priced components just can't deliver the fidelity. Here's how you should divide your stereo budget among the various components:

Component	*% of budget*
Turntable	20%
Receiver	40%
Speakers	40%

If you'd like to include some type of tape equipment in your system, the budget breaks down this way:

Component	*% of budget*
Turntable	16%
Tape deck	16%
Receiver	33%
Speakers	33%

Where is the best place to buy stereo equimpent?

You can find good stereo components in discount and department stores, as well as in hi-fi shops. But, before you buy, you should check prices and components at several places.

Be sure to ask the salesperson about anything you don't understand. Don't be intimidated if he or she rattles off a lot of jargon. What sounds like a foreign language can really make sense, if you take the time to ask questions.

One of the things you should ask about is warranty work. Since it can take up to six weeks or more to fix a component, stores that repair equipment in their own shops and keep a good stock of replacement parts on hand are worth considering.

Also ask about the store's return policy. Some stores will give you a full refund if you return a system or component within a specified time.

Should I consider used equipment?

It's quite possible to find stereo bargains in the classified sections of your local newspapers. But never buy a component—new or used—that you haven't listened to. Play with all the buttons and knobs to make sure they work properly.

Check the prices of comparable new equipment at a local stereo store, and never pay more than 60 percent of the list price for used equipment.

Ask if there's time left on the warranty, and if the warranty is transferable. And, make sure there's a serial number on every component.

Are there any tricks to buying speakers?

There is no such thing as a perfect speaker. Since every speaker colors sound in one way or another, only you can decide which speakers sound best to your ears, or what degree of imperfection you can live with.

Your decision will be easier if you take along a *clean* copy of a favorite album. Try it with several pairs of speakers within your price range.

continued



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"THIS 1937 GE REFRIGERATOR'S THE ONLY ONE MOM'S EVER OWNED. TO ME, THAT'S MONEY WELL SPENT."

– Elouise Prater



Jane Prater, Tyler, Texas

This General Electric 'Monitor Top' looks kind of funny today. But back when I bought it in 1937, it was real elegant.

And you know, it was one of the best buys anyone could make.

It's the only electric refrigerator I've ever owned, and it's sitting in my kitchen this very day, working away like it's always done. Still keeps the milk nice and cold, and the lettuce crisp.

It never needed any service, either, aside from replacing the gasket on the door.

My family teases me about it, but I simply can't replace this faithful friend.

The salesman who sold it to me still lives here in Tyler. I saw him the other day and I shook his hand. "Mr. Atwood," I said, "it's still working."

Elouise Prater, Temple, Texas

My mother-in-law's old 'Monitor' really influenced our choice. And I grew up with my own mother's GE refrigerator. She had it 30 years.

We've had so many GE appliances that have lasted and given great service, well, to me, the name General Electric means dependability.

So even though I looked at some others, I knew this beautiful GE side-by-side was the only refrigerator I wanted. I like getting ice cubes and crushed ice and chilled water without opening the door.

Inside, there's lots of room. And adjustable glass shelves that are easy to clean. Automatic defrosting, of course. Even a separate temperature control for my meat bin.

I expect it will last and last, like that 'Monitor' of Jane's. I can't imagine a better value.

IT ALL ADDS UP TO A GOOD INVESTMENT

GENERAL ELECTRIC

continued

Stereo equipment

Listen for crisp highs from the tweeters—especially for the metallic sound of cymbals. Pianos, violins, and guitars shouldn't sound mushy.

In the low range from the woofers, you should actually feel the vibrations from bass and pedal organ passages.

Tune in a news broadcast on the receiver and listen to the announcer's voice. It should sound natural. If the voice sounds as if it's echoing in a tin can, try another pair of speakers.

How much power do I need?

Power is measured in watts RMS (also called "continuous" power). While higher power reproduces bursts of sound, like that from drums, with more clarity, a speaker can handle only so much power from the receiver.

So once you have selected a pair of speakers, you should have a salesperson recommend a receiver that has enough power to match their needs. For most home systems, 30 to 50 watts per channel is plenty.

Is it tough to hook up a system?

Always ask to see the owner's manuals for your new equipment before you leave the store. Then if you have some questions about the installation instructions, you can ask them right on the spot. Some stores will install the system free, or at a reasonable cost.

How does a room affect sound quality?

It's best to have a mix of hard and soft surfaces in the room where your stereo will be located. Too many hard surfaces in the room will create a "boomy" sound, making it hard to understand lyrics or pick out individual instruments. Too many soft surfaces will have a deadening effect, taking the sparkle out of the high-frequency sounds and swallowing up the bass.

What are current trends I should be aware of?

This fall, several manufacturers introduced cassette decks capable of recording on and playing back metal-particle tape. This improved type of recording tape also is new, but availability may be spotty in some areas. You may want to delay buying one of these decks until the new tape is widely used.

Several manufacturers have introduced *micro-components*—miniaturized versions of regular stereo components, including speakers. These little units deliver all the performance of ordinary high-fidelity equipment, but take up a lot less space. For instance, one micro-receiver is less than three inches high and ten inches deep. Some metal-encased speakers can be held on the palm of your hand and produce sound of a volume and quality equal to that of box speakers many times their size.

Another trend is to super-powerful amplifiers of 200 to 300 watts per channel. You really should know what you're doing before you invest in this kind of equipment. For most people, especially first-time buyers, the expenditure is totally unnecessary.

—Mike Condon



Play the drums—and the bass—and the rhythm all at once. Just play a Yamaha organ.

It's as simple as A-B-C, because every Yamaha organ comes with easy-play features like the exclusive Yamaha A-B-C Fun Blocks. They give you automatic bass, rhythm, and chord accompaniment the first time you sit down to play. Best of all, Yamaha delivers quality and dependability at a very affordable price.

See your Yamaha organ dealer today. He's listed in the Yellow Pages under "organs". And ask about the Yamaha Music School for children 4-8 years or the Yamaha Electone Course for everyone.

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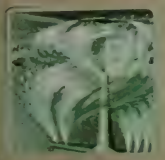
"My Potscrubber® III dishwasher even cleans dishes that are stained and discolored with enchiladas.



Susan Echito

Susan Echito
Chino, Ca.

I can't tell you how impressed I am."



The Potscrubber III dishwasher cleans better and holds more dishes than any dishwasher General Electric has ever made.

It features the exclusive Multi-Orbit™ wash arm which combines with the Power Shower on top, and the Power Tower in the middle, to give you a pattern-changing 3-level washing action for sparkling clean dishes, glasses, pots and pans.



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The Potscrubber III dishwasher. **It's the best dishwasher we've ever made.**

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ONLY 5 MG TAR

Get what you never had before:
Satisfaction with ultra-low tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

REMODELING FOR THE LONG RUN

When you pump hard-earned dollars into a major kitchen revamp, you want it to last forever—or almost. That's why a good designer will choose durable materials and time-tested colors for major expense items, such as cabinets, wall treatments, counters, and flooring. And that's exactly what Dyann Kocsis did when she designed this kitchen.





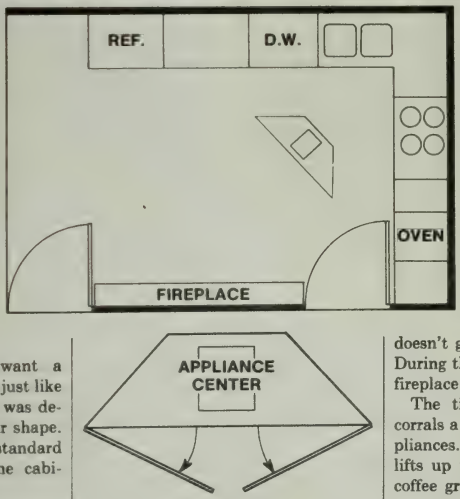
Photographs: E. Alan McGee. Source: Ruth Grenci. Design: Dyann Kocsis

Her inspiration was an antique door from an abbey in London. Both new handcrafted cabinets and the herringbone-patterned ceramic tile floor mimic the door's design. The cabinets are made of oak with pine crosspieces. No hardware interrupts the fronts of doors or drawers—they're ridged inside for easy opening. The walls are covered with fieldstone, a permanent material that doesn't require painting every few years and will never go out of style.

The homeowners didn't want a look-alike rectangular kitchen just like their neighbors', so the island was designed in an almost triangular shape. This helps to break up the standard L-shaped conformation of the cabinets and appliances.

The unique "skylight" is actually a fluorescent lighting system that bathes the work area with even illumination. Fluorescent strips span the entire width of all four panels.

To avoid the shiny look of most kitchen appliances, the designer chose black glass for the built-in ovens; she painted the refrigerator and dishwasher black to blend into the background.



The pacesetter for the rest of the kitchen design is the door on the left. A cabinetmaker copied it when making the door on the right. Between, a prefabricated fireplace adds warmth to the room. The same fieldstone used on the kitchen walls frames the doors and helps blend them into scheme.

During small, cozy dinner parties, where guests participate in the final touches of the meal, it's great fun for friends to relax next to the fireplace in the two deep easy chairs. The location of the fireplace is practical, too. With the hearth so close to the front door, the kitchen floor doesn't get tracked by bark and dirt. During the warm weather months, the fireplace is filled with houseplants.

The tiny triangular center island corrals a multitude of convenience appliances. A built-in appliance center lifts up to support a mixer, blender, coffee grinder, can opener, ice cream maker, and juicer. Since the motor for the appliance center folds down into the counter top, the island can be used for food chopping and slicing. The individual appliances are stored behind the two doors on the wider side of the triangle.

Drawings: Blaser/Court Art Studio

Fisher-Price Big-Handl



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Seating that stays in style

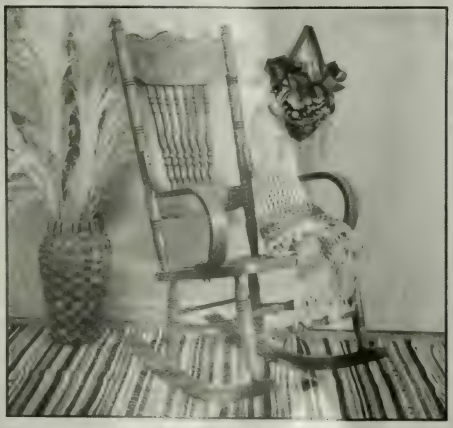
A bit of nostalgia can add warmth and charm to just about any decorating scheme. If you're in the market for a furniture piece that reflects the past, you might choose a handsome reproduction chair like one of these.



The colonial innkeeper's chair inspired this reproduction. Our forefathers probably dined, wrote letters, or played cribbage on a similar table arm. You'll find this one equally handy. *By Heywood-Wakefield.*



Here's a simple, delicately scaled schoolhouse chair that recalls the days of inkwells and primers. Today, it could be used as a country kitchen dining chair, or a desk chair in a youngster's room. *By Thomasville.*



We can thank our colonial ancestors for giving us the rocker, a uniquely American furniture piece. This reproduction is turn-of-the-century Golden Oak with a pressed wood headrest. *By Pulaski.*



Photographs: Harry Hartman

This classic swivel rocker could be paired with a contemporary writing desk as well as an old-fashioned rolltop. The chair is on rollers, and has an adjustable box seat and cane half back. *By Drexel.*

Because a baby doll can be her first armful of love, Fisher-Price created My Baby Beth.



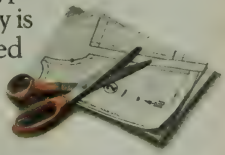
When a small child holds a baby doll of its own, something remarkable happens. A protective feeling, an inkling of what it's like to be responsible for someone smaller than you.

My Baby Beth, with her appealing face, brings out that feeling beautifully. Her soft, huggable body feels like you're holding a real baby. And our unique design lets you sit her up, too.

You can also wash her face and hands and comb her wispy hair. Because she's likely to get lots of jammy kisses and fervent hugs.

My Baby Beth comes with knit sweater, cap and booties. And if you or your child like to sew, there's also a simple pattern to make her a baby sleeper.

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Look for My Baby Beth in the doll department of your favorite toy center.

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Bright ideas for kids' rooms

Even if your child's room is pint-size, you can give it plenty of pizzazz with colorful fabric and paint. Here are two sleep spots where design punch compensates for lack of space.



Photographs: Maris/Semel. Design: Erling Falck, AIA. Source: Estelle Bond Guralnick

▶ A length of fabric printed with giant strawberries creates a lively back-of-the-bed treatment in this youngster's room. The hanging is simply stapled to a strip of wood suspended from cup hooks in the ceiling. Below the dado, the woodwork is painted in a bold coordinating color to contrast with the white walls. Another rainbow-bright hue points up the wooden desk and bed frame. The simplicity and the small scale of the furnishings maximize the impact of the giant berries and make the room seem bigger than it is.

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Goebel

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Photograph: Jessie Walker
Design: R. Leland Brooks, Ltd.

▲ Here, an exotic parrot fabric makes a big color splash in a young girl's room. Both the headboard fabric and bedspread are quilted for an extra-soft, luxurious look. Streamlined floor-to-ceiling modular units turn the rest of the walls around the room into valuable open-and-shut storage space. The white-painted units provide a noncompetitive backdrop for the colorful fabric and help blend the storage wall into the background.

© 1979 R. J. REYNOLDS TOBACCO CO.





How to care for fine art

Even if your house is tidier than average, your fine art is surrounded by environmental enemies. When you cook, run water, turn on lights, and heat and cool your house, you're contributing to what experts call a "hostile environment." Here are some steps you can take to protect your art from its enemies.

A friendly climate

Even though you can't expect to duplicate a museum atmosphere for your oil paintings, watercolors, pastels, drawings, and prints, you can aim at a stable climate. A room temperature of 70 degrees and a humidity of 50 percent are ideal. Even some sculpture needs such an environment.

To help control fluctuating temperatures in the room, use dehumidifiers when necessary and use fans to keep the air circulating.

If a room is too dry and cold, paintings may become brittle. If the humidity is high, paintings will probably be marred by mildew and foxing (small brown spots). Paper mold may appear if the humidity remains at 70 percent or above for a time.

Paper expands with moisture and contracts with dryness, so the sheet may evidence a certain amount of waving or rolling. This phenomenon, called "cockling," is nothing to worry about unless it becomes severe.

Paintings and prints

First and foremost, make sure your art is framed with materials that will not damage the piece, thus decreasing its value. If you're doubtful about the framing of art you've purchased, ask a qualified professional framer to check the framing.

Always hang paintings and prints away from radiators and heat registers. Try to avoid cold outside walls.

According to many experts, above a fireplace is no place for a painting because heat and soot may damage it. Few collectors, however, can resist this focal point for displaying a treasure. If you do hang art over the mantel, check the piece frequently for soil or changes in its appearance.

Also check your art periodically for signs of insect infestation, especially if you live in a humid area. Woodworms, silverfish, and termites are fond of paste, glue sizing, and wood pulp paper.

Hanging valuable fine art in a kitchen or bathroom is not recommended, no matter how much the idea may appeal to you decoratively. Steam, grease, and acid deposits will soon form a gummy film on your pictures.

If you plan to be away for several weeks, arrange to have your home aired regularly to prevent dampness from damaging your collection.

Light

Strong, direct sunlight on a painting can leach the pigment right out of the paper, and turn a watercolor or a colored print into a bleached-out, ghostly looking picture. A pastel may start to fade in a few weeks, and even an oil painting will be damaged in time by direct sunlight. To protect your art, place the pieces where they won't be exposed to strong morning or afternoon sun and pull down the window shades when the sun is bright.

Fluorescent light without a special filter, and to a lesser degree, incandescent light, will also fade colors and injure the structure of the paper. Special acrylic that filters out ultraviolet rays is now available. It can be used for framing perishable art, but the acrylic is expensive and is not available everywhere.

The least harmful way to illuminate your art is with a spot- or floodlight, mounted at least three or four feet away from the piece. A boxed reflector light, mounted over the picture, may concentrate too much heat on the art.

While spotlights and floodlights may seem brighter than many room lights, their wattage is actually lower, and their distance from the picture reduces the intensity of the heat and light.

Lamps can be used throughout the room, if the bulbs are shaded and do not shine directly on the art.

In museums, paintings are put away to "rest" part of the year, so they can recover from the exposure to light. You can do the same thing in your home by rotating your collection, and perhaps putting away your most valuable and fragile art during the bright summer months. Bring these pieces out when winter comes; its pale sunlight is less damaging.

Safe hang-ups

Don't hang a valuable painting flat against the wall. Incline it a few degrees from the top and use little wedges at the lower corners to push the frame out from the wall a bit. This will give the art room to breathe and keep

continued

Drawing: John Svobada

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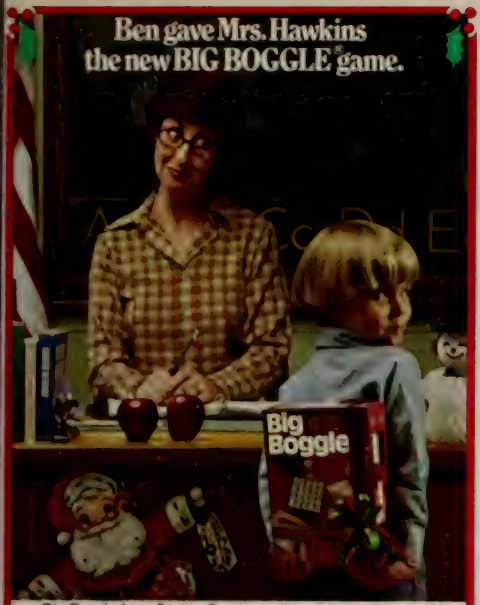
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Big Boggle from Parker Brothers. More letter cubes for bigger words make this an even more challenging version of the fun addiction from Parker Brothers! Ages 8 to adult. Any number of players.

also a problem to be handled by a professional.

Unless you know what you're doing, don't try to clean a valuable oil painting. It should be cleaned by a professional restorer about every ten years.

Bleaching fox marks and uncurling old and fragile prints by pressing or ironing them also may do irreparable damage to valuable art.

You may be able to clean or repair reproductions and less valuable oils, watercolors, and prints. Surface dirt and grease can be washed from an oil painting by applying a small amount of lukewarm water and mild soap with a soft brush.

There also are commercial cleaning solutions. However, since many paintings are now done in "mixed media," a cleaning solution that's safe for one medium may damage another.

If you do decide to try your hand at cleaning your art, make a few trial strokes in the corner of a painting before progressing carefully toward the center.

You can usually remove a grease spot from a mat by removing the mat from the frame and applying a little benzine to the spot. Place the mat in bright sunlight for a few minutes. You may have to repeat the process, but eventually, the spot should lift out.

Unlike furniture, paintings do not need a daily, or even a weekly, dusting. Once a month or so, depending on the amount of dirt in a room, dust the surface of an oil painting with a soft camel's hair or raccoon brush. A cloth can catch

continued

continued

Caring for fine art

dampness and dust from collecting between the painting and the wall.

It's important to check the wires and screw eyes periodically to be sure they are strong and intact. A fall to the floor can tear the canvas of an oil painting or shake the pigment off a pastel.

Cleaning and repairing

If a valuable oil painting is damaged, never attempt to restore or repair it yourself. Such work should be done by a professional restorer or conservator. A museum, university art department, or reputable art gallery may be able to recommend qualified experts who are experienced in repairing damaged or worn art.

You should, however, mend a tear with masking tape until you can have the damage assessed and repaired by a professional. Otherwise, the canvas will probably curl, causing the layers of paint to crack. Before applying the tape, join frayed fibers at the back of the canvas as smoothly and evenly as possible.

If a painting becomes soaked with water, keep it damp until a restorer can examine it and dry it properly. As the canvas dries, it will begin to shrink and the paint may flake. Laying it flat and faceup will prevent loss of loose paint. Save any flakes for the restorer to replace. Fire damage is



Careers from Parker Brothers. It's an update of our 20-year favorite. So it's more fun than ever seeking fame, fortune, and happiness in six great careers. Ages 8 to adult. 2 to 6 players.



This Game is Bonkers™ from Parker Brothers. Create your own board as you play, and watch the excitement build as the score mounts. Fast-paced fun that's never the same game twice. Ages 8 to adult. 2 to 4 players.

Never carry a painting by the frame or stretcher top. Support it on both sides, or top and bottom.

Storage

Store art only in a dry, cool area, never in a basement room, no matter how dry it seems.

Store an oil painting upright, so the canvas will not sag against the bars, and be sure that nothing touches the surface.

Store unframed watercolors and prints flat. You can buy standard museum-type print cases large enough to hold a fairly sizable collection. These cases are lined with all-rag, acid-free paper to protect the art against foxing, soot, dust, and insects.

You also can store the art safely in a regular cabinet or on a shelf in a closet. Protect the art with rag board folders or stack it with sheets of clear acetate between them.

Keep some camphor crystals, a mild fungicide, in an open dish in the closet or cabinet. Be sure to check stored art occasionally to be sure there are no signs of mold.

Sculpture

While sculpture is more durable than paintings or prints, it too can be damaged by time and a hostile atmosphere. Consult a museum expert before treating a damaged sculpture.

If sculpture is on a base, be sure it is anchored securely, so it won't be toppled off by a careless bump.

Don't clean your sculpture too thoroughly because that

continued

Caring for fine art

on little flecks of paint and chip them off the surface.

Don't touch the surface if there is any sign of flaking paint. Be careful not to break any ridges of paint with pressure.

Clean the glass over a print or watercolor by wiping with a soapy cloth, wrung almost dry. Rinse and dry thoroughly. Don't spray on glass cleaner or use much water.

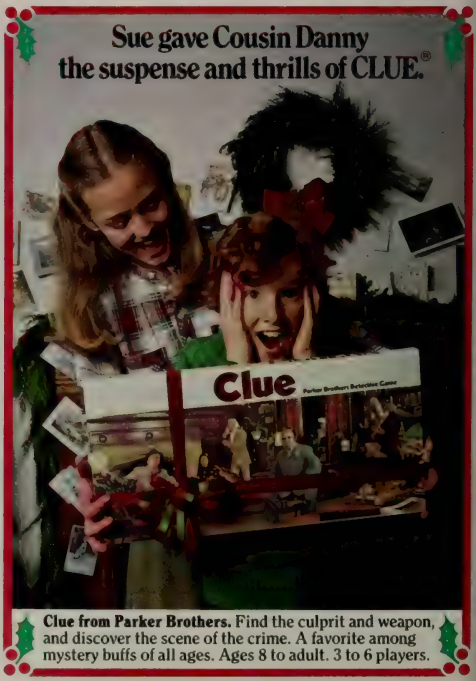
Transporting paintings

If you are moving valuable paintings, ask your local museum or art center to recommend a reliable art transport service. The company will have the materials for packing your art.

To transport artwork in your car, place sheets of corrugated cardboard between each piece and use blankets as buffers at the front and sides. Protect frame corners with corrugated cardboard. If it's possible to put the paintings where they won't be jostled, position them vertically.

Remove screw eyes, nails, and other projections to prevent scratching other picture surfaces. Put strips of masking tape diagonally across glass. In case of an accident, the tape will prevent the glass from shattering and cutting the painting.

Don't leave art in a closed car during hot weather, as the sun can turn the car into an oven.



Clue from Parker Brothers. Find the culprit and weapon, and discover the scene of the crime. A favorite among mystery buffs of all ages. Ages 8 to adult. 3 to 6 players.



All The King's Men from Parker Brothers. There's plenty of strategy as you use Medieval knights and archers to capture each other's king. The rules are easy, and it takes less than an hour to play. Ages 10 to adult. 2 players.

night destroy the patina. Patina is a stable film that forms naturally on the surfaces of metals, wood, stone, marble, and even ivory and gives them texture and color.

Marble sculpture should be dusted with a soft-bristled brush. Don't wash marble unless you have to, and then use mild soap and distilled water. Dry the marble quickly.

You can wipe marble occasionally with a commercial marble polish, or dust talcum powder over the surface and polish with a clean soft cloth. Stains are almost always impossible to remove.

Bronze gradually develops a lovely turquoise or silvery patina, which should not be removed. Sometimes green splotches appear on bronze art; these eventually will damage the sculpture, so they should be treated by an expert.

Washing indoor bronze sculpture is not recommended because it can be corroded by water. Instead, brush dirt out of hollows and crevices and dust with a soft cloth. Then polish with a clean flannel cloth or with the palm of your hand. The oil from your hand will add a soft gloss.

Outdoor sculpture made of bronze or marble can be washed with mild soap and water, and a soft-bristled brush. Wash a small patch at a time. Rinse thoroughly and dry with a soft clean rag.

Protect outdoor sculpture as much as possible from windblown sand and other debris.

Wood sculpture may look rugged but it needs tender care. It will shrink and crack if it's kept over a radiator, in the sun, or in a fluctuating temperature. Too much moisture or dryness will damage the sculpture.

To bring out the beauty of wood, rub a little liquid floor wax over it and let the wax stand for an hour. Then polish the wood briskly with a soft flannel cloth.

Ivory and *bone* react to moisture by splitting. They are both made up of layers of substances and will swell, warp, and crack if abused. You can, however, clean ivory and bone objects by sponging them with a 50-50 solution of water and alcohol—just be sure to dry them quickly. Don't expose ivory and bone to too much sunlight. It tends to discolor them and cause flaking.

Ivory gradually will turn from creamy white to yellow, but this is due to the patina, which actually adds to the value of the piece and enhances its beauty. If you don't like the appearance of yellow ivory, don't try to bleach it yourself. This is a job for a knowledgeable professional.

Terra-cotta can be washed if your sculpture really is terra-cotta and not plaster treated to resemble it. Plaster should not be washed or cleaned by any household method.

Limestone is so soft that it's almost impossible to clean. Keep a limestone sculpture in a sealed glass case for maximum protection.

Alabaster cannot be cleaned with water. Use a dry-cleaning fluid.

Lead sculpture is supposed to look old and weathered, so cleaning is not recommended.

Cast stone, a material commonly used for fine reproductions, should be rubbed down vigorously with ordinary burlap to make the stone glow.

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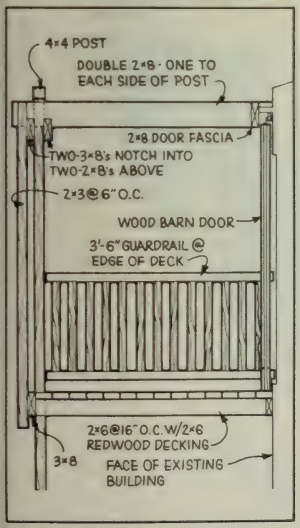


Privacy for a corner lot

How can you ensure privacy if your house occupies a corner lot and the front is completely exposed to the street? Rather than hide behind closed drapes, these homeowners added a privacy screen to shield the house and a trellis roof extension to face-lift the garage. Besides providing the needed privacy, the additions enhanced the front of the house and even created brand-new outdoor living space.



Photographs: Fred Lyon, Architect: Michael David Fejes
Source: Barbara Cathcart





Together, the privacy screen and garage latticework cover the entire 40 feet of housefront. The wood in both additions will weather naturally to harmonize with the rest of the house.

The kitchen and front door are hidden by the 20-foot-wide privacy screen. It's constructed of 2x3s set vertically six inches on center, and is tied to the house with two 2x8s on each side of the corner posts and fastened to a 2x8 fascia board on the house wall *(see plan at left)*.

To take advantage of the private outdoor space created by the screen, the homeowners turned the area into a front yard deck, *photo top left*. The deck is seven feet wide and is built of 2x6 redwood. Sliding glass doors provide access to the deck from the kitchen and allow natural light into the house. A sliding barn door, also made of redwood, pulls across the new glass door to restore full privacy and give an extra measure of security.

The other 20 feet of housefront (the garage) is covered by the garden trellis. It's made of 2x4s set six inches on center and supported by 2x8s running horizontally at the outside edge and along the house wall. Two parallel 2x8s, one on each side of the corner post, brace the trellis on the outside edges. The corner posts are 4x4s.

There are 7 things to look for in good vision care.

Here's one of the best places to start:



TM: Trademark of the American Optometric Associa

The logo of the American Optometric Association signifies, in simplest terms, a commitment to all the elements of a good vision examination and care. Doctors of optometry who are members of the American Optometric Association are concerned with far more than your eyes or fashionable glasses and frames.



In fact, an examination by an optometrist is also a good place to begin guarding your family's total health. Besides diagnosing vision problems and prescribing the lenses to correct them, an optometrist is qualified to detect eye diseases and abnormalities as well as health problems such as diabetes or high blood pressure. To become licensed to practice, today's optometrist must have a minimum of 2 to 3 years undergraduate education plus at least 4 years at a specialized college of optometry.

The doctors of optometry who are members of the American Optometric Association are totally committed to the ideal that every member of your family should receive the best vision care possible. And, for that reason, they want you to know what to look for in a thorough vision examination:

1 On your first visit, you should receive a comprehensive examination. This usually takes anywhere from 30 to 60 minutes.

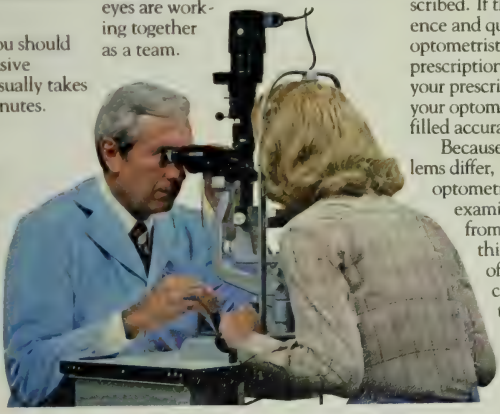
2 Your health history should most likely be taken before the examination begins. Allergies, diseases such as diabetes and ailments such as high blood pressure can affect the results of vision tests. So can certain prescription and non-prescription drugs you may be taking.

3 The exterior of your eyes and the surrounding area should be inspected for eye disease.

4 Then the interior of your eyes should be examined for any signs of systemic or eye diseases. It is here that your optometrist can see blood vessels in their natural state and can therefore detect certain signs or symptoms of diabetes or hypertension. When signs or symptoms are discovered, you'll be referred to your family physician or a specialist if necessary.

5 Your vision should be tested to evaluate how well you see at near and far distances. At the same time, the refractive state of your eyes should be measured to determine nearsightedness, farsightedness, astigmatism or other visual problems.

6 Your eye coordination and eye muscle control should be examined to be certain your eyes are working together as a team.



7 Finally, the ability of your eyes to change focus easily from far to near and near to far should be measured.

Those are the basics. However, if you are over 35 or if a need is indicated, it's likely that you'll be given other special tests such as one for glaucoma. You may also be tested for color perception, depth perception, field of vision, visual/perceptual abilities and other vision skills.



When your optometrist has completed your examination and evaluated all the results, corrective lenses or vision therapy may be prescribed. If that's the case, for convenience and quality assurance, your optometrist can properly fill your prescription. Or, if you decide to take your prescription elsewhere, have your optometrist verify that it was filled accurately.

Because people's needs and problems differ, you may find that your optometrist approaches your examination with variations from this list. However, one thing that you may be sure of: members of the American Optometric Association are dedicated to the principle that you and your family should have the highest quality total vision care possible.

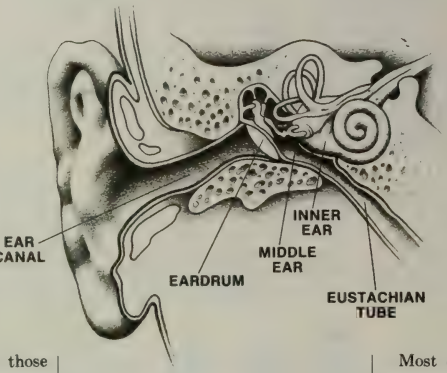
Your Family Doctor of Optometry. The person to see. And keep seeing.

American Optometric Association

Dan Kaercher

The silent threat of middle ear infections

Did you know that you can have an ear infection without having an earache? That's unfortunate because without pain's warning signal, you're apt to postpone medical treatment (or fail to get it at all) for you or your child. Yet, proper care can prevent loss of hearing ability, learning problems in school, and even life-threatening complications such as meningitis and abscess of the brain.



Ear infections, particularly those in the middle ear, are the most common cause of acquired hearing loss in American children today. Hearing experts believe that many learning disabilities stem from the aftereffects of ear infections that go undetected during a child's preschool years. In these early years, a child is most vulnerable to distortion of sounds because he or she has minimal exposure on which to base comparisons, explains Dr. Peter Zinkus of the University of Tennessee.

Even a slight hearing loss can hamper a young child's ability to acquire the complex skills necessary to filter out background noises, combine sounds, discriminate between similar-sounding words, and remember sequences of sounds. Later, a hearing loss can cause a youngster of normal intelligence to seem inattentive or "dull" in the classroom.

Because the degree of hearing loss can fluctuate as the infection flares and subsides, the problem can continue undiagnosed despite mass screening conducted in many elementary schools.

A relatively minor hearing loss can cause problems for an adult, too—particularly in social situations. An outgoing, considerate person may appear to be shy or rude because of a hearing problem. Yet the hearing loss may develop so gradually that neither the victim nor those close to him suspect the problem in the beginning.

Occasional ear infections can afflict persons of all ages. Here's how the problem is detected and treated.

Why are ears prone to infection?

Because the ear is a complex mechanism in a small space, minor irritation or swelling can significantly impair hearing functions.

The *external ear* consists of the outer "auricle" of cartilage and the ear canal. The auricle helps direct sound waves inward. The ear canal extends about an inch into the head and ends at the eardrum, a membrane only 1/250 inch thick. Behind the eardrum is the *middle ear,* an air-filled cavity that contains a chain of tiny bones that amplify and transmit vibrations. The fluid-filled *inner ear* converts vibrations into electrical impulses that are transmitted to the brain; balance organs also are located here.

The middle ear is susceptible to infection because it's connected directly to the throat by the eustachian (yew-STAY-shian) tube, which equalizes air pressure within the middle ear and drains moisture from the middle ear. Lined with a fluid-secreting layer much like that in the nose, the tube similarly becomes "stuffy" or "runny" as a result of allergies, infections, or other conditions. The higher incidence of middle ear problems in children is mainly due to variations in the structure and functioning of the tube: In a child, the tube is narrower and extends directly across to the throat rather than downward, as is the case in most adults; hence, it drains less efficiently.

Most children have one and often more bouts of inflammation of the middle ear (also known as *otitis media)* before their third birthdays. Doctors usually distinguish between three main categories of the disorder.

Acute otitis media: aftereffect of illness

This condition often follows a sore throat, cold, or the flu. Bacteria or viruses from the nose and throat invade the middle ear by way of the eustachian tube and trigger excess fluid pressure that causes swelling of the eardrum and earache (usually the first noticeable symptom).

One early warning signal of this condition is that a child tugs or fingers his ear. The child may also have a temperature of up to 105 degrees possibly accompanied by nausea, vomiting, and diarrhea.

Drainage through the eardrum out the ear canal indicates a rupture in the drum and, even in the absence of pain and fever, calls for a visit to the doctor.

If your child gets frequent ear infections, your doctor may advise home use of an otoscope (the instrument that health professionals use to examine the ear) for early diagnosis. (Some physicians, however, do not advocate this home diagnostic procedure.)

Antibiotics are the most frequent treatment for acute otitis media; decongestants or antihistamines may be prescribed, too. Aspirin or another

continued

Drawing: Jim Buckels/Graphic Corp.

At what age do you start to look like an "older woman"?

Pretty scary, isn't it. How quickly you can go from looking young to looking like an "older woman." It's almost as if one day you wake up and there they are – those tiny lines and wrinkles that tell the world your age. Or worse, make you look older than you are. Yes, it's a shock. But it's a shock that we all face sooner or later. And yes, there is something we can do to help.

There is a unique beauty fluid that women all over the world have discovered. Here in the United States, it is called Oil of Olay. Perhaps you've already heard about Oil of Olay. Perhaps a friend told you. Because that's the way women usually find out about this mysterious beauty fluid. Women share the secret of Oil of Olay with each other because it really helps them look younger. And it can help you, too, whatever your age.

You'll be delighted at how pleasant it is to use Oil of Olay. And how different it is from other facial creams and lotions. Dab a bit on your finger tips and smooth it on your face. You'll be amazed at how greaseless it feels. That's because it penetrates so quickly. In seconds, Oil of Olay sinks into your skin, to work with your own natural fluids, to restore your own youthful moisture balance.

Why does Oil of Olay really help? Because it works from the inside out too. It drenches your skin in a wealth of tropical oil and precious emollients. It eases dryness, the same dryness that causes the tiny lines and wrinkles to be more noticeable. Then it softens and smooths your skin and, best of all, it brings out your own natural glow, gives you a look of youthful radiance.

Most women use Oil of Olay twice a day, morning and night on their face, and on their neck as well. Many women also use this skin-loving fluid under cosmetics for a smooth, soft look. It makes foundation look glamorous and dewy. Or, if you prefer not to wear make-up because you like a natural look, Oil of Olay is all you need to look fresh all day. In fact, you may want to give up other beauty preparations entirely.

Make Oil of Olay part of your beauty regime, starting today. Once you've discovered the secret of Oil of Olay, you've discovered the secret of younger-looking skin. And that's the beautiful difference between being an older woman and a grown-up woman.

BEAUTY TIPS

Take time out for a beauty bath. Pour bath oil into your tub, then pamper yourself with Oil of Olay® beauty lotion to your face and neck and lie back. Let the tropical oil and precious emollients in Oil of Olay sink into your skin, to bring out your own natural radiance. You'll feel refreshed and your skin will feel soft and smooth.

After a day outdoors, your skin really needs Oil of Olay. It eases the drying effects of wind and weather. Wash away perspiration and grime with a mild soap or cleanser, then smooth on Oil of Olay. It eases dryness, disappears completely into your skin. And leaves no trace of greasiness.

Use Oil of Olay beauty lotion throughout the day, but especially in the morning and at night after you wash your face. Lavish it on. Oil of Olay eases dryness. It provides a moist climate for your skin to luxuriate in. You'll notice how smooth and soft your skin feels, how radiant it looks from the very first time you use Oil of Olay.





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382-9C

continued

Ear infections

pain-killer, along with a heating pad or hot water bottle next to the ear, will help ease the ache. A baby with otitis media probably will feel better being held vertically (or propped up) than lying down.

It's important to realize that symptoms probably will recur if antibiotics are not taken for the full ten days or longer as prescribed; while early doses ease the discomfort, they don't completely eliminate the source of the infection. Higher doses of antibiotics or longer courses of treatment probably will be required if the infection recurs a second or third time, because the bacteria often become resistant to antibiotics.

Your doctor may perform a *myringotomy* (an incision in the eardrum to facilitate drainage) if the presence of fluid continues despite treatment with medication. Usually this is accomplished by inserting a tiny metal or silicone rubber tube, visible only with an otoscope, in the eardrum to bypass the eustachian tube and facilitate drainage. The tube remains in place for two months to as long as two years and usually falls out by itself. Although the tube can be inserted under a local anesthetic, a general anesthetic is commonly administered to younger children because of their restlessness.

Secretory (or serous) otitis media: the sneak thief

This type of infection, also known as *middle ear effusion*, occurs when fluid is produced faster than it can drain from the swollen eustachian tube. Although the cause of this problem hasn't been identified, some type of allergic reaction, enlarged adenoids, or structural abnormality is suspected. The accumulated fluid may "plug up" the ear without causing pain. In fact, this disorder has been described as "silent" middle ear disease because there may be no apparent symptom at all (other than a mild loss of hearing). The experts now think secretory otitis media is at least as prevalent as acute otitis media.

If not treated, the fluid buildup often interferes with transmission of sound vibrations and causes a mild hearing loss. Sometimes the fluid thickens and contributes to the development of cysts that can permanently alter hearing. To treat the condition, physicians generally prescribe decongestants and try to remove possible causes of allergy. If these measures don't produce adequate drainage, the doctor may perform a myringotomy. When secretory otitis media recurs because of blockage by the adenoid glands in the back of the nose, the physician may suggest removal of the adenoids.

Chronic otitis media: a persistent problem

One or the other of the above conditions can produce a long-term, low-grade infection of the middle ear. Frequently there are no symptoms other than mild hearing loss and occasional drainage from the ear. Sometimes the infection is accompanied by an unhealed tear in the eardrum. As time passes, hearing ability declines. Doctors may prescribe antibiotics to be taken orally or in the form of eardrops. Sometimes surgery is necessary to remove cysts and all traces of infection, as well as to construct a more functional eardrum and possibly to rebuild the chain of middle ear bones.

Unless checked, infection sometimes spreads to the mastoid bone behind the ear; then a *mastoidectomy* or surgical removal of this bone may be necessary. Because the tops of the mastoid bone and middle ear are inside the skull, an infection here can progress to meningitis (infection of the brain covering) or a brain abscess. Infection that moves until it involves the inner ear may not only cause hearing loss but also may interfere with the sense of balance and produce severe dizziness. Damage to the facial nerve can cause paralysis of the affected side of the face.

Fortunately, with early treatment, all such dire complications are rare today. However, be alert for symptoms such as recurring or chronic drainage from the ear, headache, sudden profound hearing loss, dizziness, and chills and fever that can indicate a serious complication.

continued

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continued

Ear infections

How is "silent" otitis media detected?

Some victims experience sensations of ringing, roaring, popping, or snapping, along with the sense of fullness in the ears. Adults with this problem may notice that hearing loss fluctuates when the position of the head changes.

Don't rely on the old "home test" (pulling on the ear) to detect an ear infection, because tugging won't necessarily make the ear hurt. Instead, be alert for changes in hearing. A child's response to your voice may decrease. An older child may become inattentive in school, have difficulty comprehending normal conversation, or begin to turn the television volume louder than usual.

Because symptoms are so subtle, particularly in a young child, secretory otitis media often isn't detected until the child has a routine doctor's office exam. Then a test may be used to evaluate hearing loss. One office procedure, known as impedance monitoring, measures the mobility of the eardrum and can provide accurate information even in children as young as six months of age who can't communicate with the hearing examiner. The presence of fluid behind the eardrum may be detected by use of a pneumatic otoscope (a device that blows air against the eardrum, allowing the physician to visualize the actual movement of the eardrum).

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Can you prevent otitis media?

Commonsense steps can help prevent fluid accumulations in the ear:

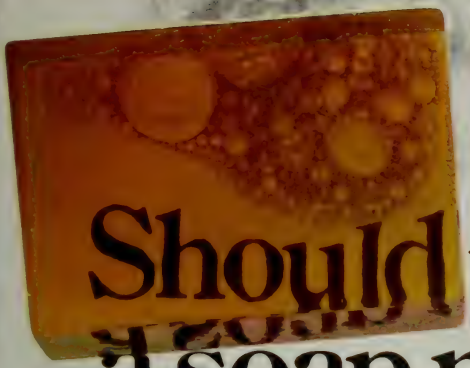
- Swallow or yawn to relieve a sense of fullness in the ear such as you might experience during a plane's descent.
- Blow the nose gently with both nostrils open to avoid forcing mucus from the nose into the eustachian tubes.
- Pay special attention to keeping the ears dry if you have an active ear infection, or have a drainage tube inserted through the eardrum. After swimming or other lengthy exposure to water (such as hair washing), shake the water from the ears and if necessary lie down until it runs out.
- Resist poking a fingernail, hairpin, or cotton-tipped swab into the ear canal; you may break the eardrum or the skin and create an entrance for bacteria. Clean only the part of the ear that you can see. (Incidentally, earwax is useful; it pushes dust and debris out of the ear canal and contains chemical compounds that tend to prevent infection.)
- See your doctor at the earliest indication of hearing loss. He or she may refer you to a specialist such as an otologist, who deals with the ears, or an otolaryngologist, who treats ear, nose and throat disorders.

Can hearing loss caused by otitis media be corrected?

New and successful surgical techniques have been developed to restore hearing loss caused by destruction of the eardrum or the hearing bones. These include rebuilding the eardrum and the use of bone from bone banks, ear parts from deceased donors, and artificial bones made of plastic. All types of middle-ear hearing loss caused by destruction of the eardrum or hearing bones can be improved with hearing aids.

For further reading, see "How helpful are hearing aids?" *Better Homes and Gardens,* November, 1977. You can write for a free brochure, *Hearing Loss: Hope through research,* DHEW Publication No. (NIH) 78-157, available from the Office of Scientific and Health Reports, National Institute of Neurological and Communicative Disorders and Stroke, Bethesda, Maryland 20014.

—Lynne Lamberg



Should you use a soap made for sensitive skin?

(Even if yours isn't)

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We believe you can't buy a finer soap for skin care than Neutrogena. And now you can find it in four formulas, adapted for different skin types. So whether you have a skin problem or just don't want one, give your skin the best care you can. Consider Neutrogena soaps, developed for sensitive skin. One of them is bound to be good for you.



Look for it at better drugstores everywhere.

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What to do about pinkeye

Pinkeye (its medical name is *conjunctivitis*) is an inflammation of the membrane that lines the inner eyelid and covers part of the eyeball itself. The disease causes the eye (or eyes) to become red and teary, and pus from the infection may make the eyelids swell and stick together.

Several factors may cause the inflammation. The most common is bacterial or viral infection, in which case pinkeye is highly contagious. Other causes are a foreign body embedded in the eye; an allergy to something in the environment; and chemical irritation. Most often, pinkeye affects only one eye; when both eyes are affected, an allergic reaction can usually be blamed.

What to do at home

At the first signs of pinkeye (redness, itching, or swelling), use nonprescription eye drops every three to four hours. If the cause of the pinkeye is a small foreign body, the drops may wash it out. Then the eye should clear.

Itch and twitch as it might, an inflamed eye should not be rubbed. It's hard to keep a child from rubbing, but treating both eyes with the eye drops may help. Cool compresses will also help keep a youngster from rubbing his eyes. If the child has an upper respiratory infection as well as conjunctivitis, he should be cautioned about rubbing his nose and then his eyes. That can transmit the infectious agent from one site to another.

When to see your doctor

If the eye drops don't improve the condition in 24 hours, see your doctor. You could develop a corneal ulcer if the pinkeye is a result of a foreign body lodged in the cornea (the clear membrane that covers the front of the eye). (Also, what you think is pinkeye may be something more serious. Acute glaucoma—high pressure within the eye that can cause blindness—can also cause red, painful eyes.) The doctor will be able to remove any foreign body that is present. If the inflammation is caused by infection, the doctor will prescribe an ophthalmic ointment, or eye drops containing an antibiotic or cortisone to relieve itching and inflammation.

Infectious pinkeye usually responds to antibiotic treatment within a day or two. If the medication prescribed is an ointment, the easiest way to apply it is by pulling down the lower eyelid and spreading a line of salve on the edge of the mucous lining. Eye drops are usually applied every two hours while the patient is awake.

Pinkeye should clear up promptly, without any complications or aftereffects. During recovery, avoid irritation of the eye from wind, smoke, dust, or intense light. Close personal contacts should be avoided; the type of conjunctivitis common to children is especially infectious. Be sure family members use their own towels after bathing or washing up to avoid spreading the infectious form of pinkeye from one person to another.



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Unfortunately, many teenagers are not getting the levels of vitamins and minerals they need during these critical years. Too often, they're dieting or skipping meals altogether. And frequently their food choices are not the best.

Make sure your teenagers eat a balanced diet and look for fortified foods when you shop. Just to be sure, you can give them a vitamin supplement every day.

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The structural problems that affect mouth health frequently aren't apparent. Frequently go untreated. Even after a dentist's warning. To prove the point, how many of your children's friends wear braces? Over half of them? We doubt it. But studies show that two out of every three children could benefit from some type of orthodontic treatment. One out of four has a serious problem. A problem that may not show up at a young age. But eventually will.

An orthodontic checkup should be basic to the health care of every child. If teeth are crowding each other, leading to problems such as gum deterioration or decay, they'll be spotted. So will teeth that could "wander" in too much space. Or teeth that can cause chewing problems.

Members of the American Association of Orthodontists are qualified men and women who have met the extended educational requirements which are mandatory for an orthodontic specialist. We are dedicated to maintaining high professional standards and building the mouth health of Americans. We hope you'll take the idea of an orthodontic checkup for your child seriously. Either when second teeth begin to arrive or when you or your dentist spot what looks like a problem at an early age.

In that way we'll all be working to assure your child a healthier mouth. Hopefully for life.

For more information on the contribution of orthodontics to the health of the mouth in adults and children write the American Association of Orthodontists, 460 N. Lindbergh Blvd., St. Louis, Mo. 63141.

WE SHAPE HEALTH, NOT JUST TEETH.

American Association of Orthodontists

Dan Kaercher

How to get rid of unsightly hair



Hair usually appears just about everywhere on the body, influenced by such growth determinants as race, age, sex and hormones. However, hair that's quite normal medically can be cosmetically unappealing.

The options for removing unwanted hair are varied. There is no one "best way" to remove problem hair, and there are no drugs to effectively stop excess hair growth on otherwise healthy persons. Here's information on hair removal methods that can help you get to the root of the problem.

Permanent hair removal

The only safe way to remove hair permanently is *electrolysis,* which destroys hair germ cells by electric current. The main drawback to the procedure is that each hair root must be located and treated individually, and that can be time-consuming. The upper lip, for example, may have hundreds of hairs, and it can take a minute for a skilled operator to locate and treat each one.

The electrolysis process is typically performed once or twice a week in half-hour or hour-long sessions and may take months or even years to complete. Expect some degree of discomfort depending upon your personal sensitivity to pain, the area being treated, and the competence of the operator. You should also expect reddening around the hair follicle that may last several hours after each treatment.

Certification requirements for electrologists vary considerably nationwide. The best way to find a competent electrologist is to ask your friends, talk to clients of the person you're considering, or consult your dermatologist.

Even with an experienced operator, electrolysis may result in scarring. And you can expect some treated hair to regrow (the amount varies).

Be cautious about using any home electrolysis device. Do-it-yourself electrolysis can be awkward and is more time-consuming than professional treatments; the risk of scarring and infection is higher, too.

Temporary hair removal

Shaving, either with a blade and razor or an electric shaver, remains the most popular way for both men and women to temporarily remove most forms of unwanted hair. While some people think that hair that grows back after shaving is more noticeable or thicker, shaving does *not* make hair grow thicker, faster, or darker.

There is no medical reason why women troubled by excessive facial hair should not shave, yet few do. Women frequently turn to these other hair removal methods:

Tweezing is the most popular method for thinning eyebrows and removing scattered hairs.

Depilatories are chemical agents that dissolve the hair so that it breaks off at the skin surface. Unfortunately, the compounds that weaken the hair sometimes attack the outer protective layers of skin, leading to dryness and irritation.

If you have "detergent hands" or you're sensitive to ammonia cleansers or strong soaps, you probably are sensitive to depilatories. In any event, it's always wise to try the depilatory on a quarter-sized patch of skin for a few minutes before applying it to a large area.

Depilatories formulated for arms and legs are generally too harsh for the face, but facial depilatories also are available. These may be used two or three times a week. To minimize irritation, use the depilatory only on healthy skin, and follow the recommended time limits closely. Then wash the area and apply an emollient cream or lotion.

Waxing pulls out many hairs from the skin at one time. In the hot wax process, a thin layer of wax is applied to the skin and allowed to set. When the wax is stripped off quickly in the direction of hair growth, the embedded hairs are pulled out too. Many people find the procedure painful, and it may cause burns if the wax is too hot.

In the cold waxing process, material much like adhesive tape is applied to the skin and then quickly pulled off, pulling hairs with it. After years of waxing, hair roots are damaged and less regrowth occurs.

Abrasives, such as pumice, can be used to "sand off" hairs. This process is considered too time-consuming to be practical for large areas. If abrasives are used vigorously, they can be irritating; after using an abrasive, it's wise to apply skin cream or lotion.

Bleaching is preferred by people who want to disguise rather than remove unwanted hair on the face or arms. It is the only method of dealing with unwanted hair that's generally recommended for children.

—Lynne Lamberg

Illustration: Graphic Corporation



Reach out. Reach out and touch someone.

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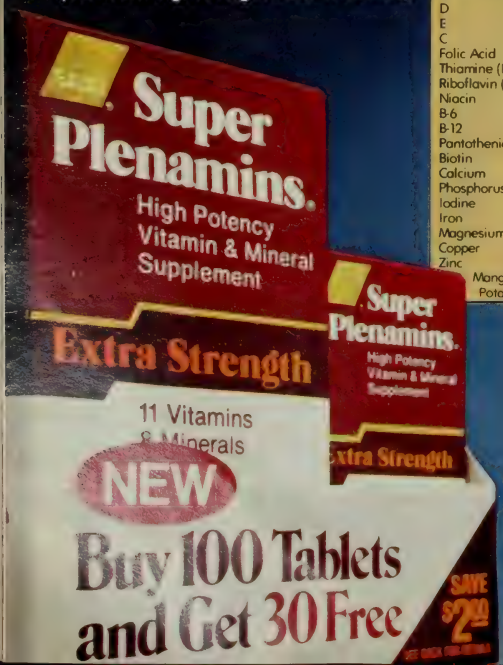
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D	(I.U.)	400	400	400	400
E	(I.U.)	30	15	30	30
C	(mg.)	250	200	250	90
Folic Acid	(mg.)	0.4	0	0.4	0.4
Thiamine (B-1)	(mg.)	10	10	10	2.25
Riboflavin (B-2)	(mg.)	10	10	10	2.6
Niacin	(mg.)	100	100	100	20
B-6	(mg.)	5	5	5	3
B-12	(mcg.)	6	5	6	9
Pantothenic Acid	(mg.)	20	20	20	10
Biotin	(mcg.)	0	0	0	150
Calcium	(mg.)	161	0	0	162
Phosphorus	(mg.)	125	0	0	125
Iodine	(mcg.)	150	150	150	150
Iron	(mg.)	24	12	20	27
Magnesium	(mg.)	100	65	100	100.
Copper	(mg.)	2	2	2	3
Zinc	(mg.)	15	1.5	20	22.5
Manganese	(mg.)	1.25	1	1.25	7.5
Potassium	(mg.)	0	0	0	7.5

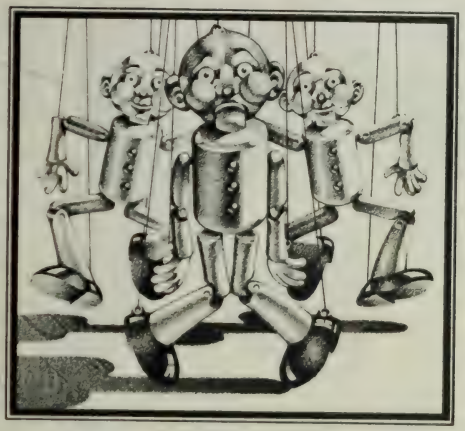


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What you should know about MONO



Infectious mononucleosis is a usually mild disease most common in adolescents and young adults (although no age group is immune). While the symptoms of mono are vague and resemble those of many other diseases, doctors say mono is usually not hard to diagnose in young people. But diagnosing mono in adults and younger children can be more difficult because doctors—not expecting to find mono in these age groups—may first look for another disease with similar symptoms.

Fortunately mono seldom recurs, and unless there are serious side effects, the best cure is a tincture of time combined with rest, proper diet, and pain relievers when necessary.

What is mono?

Infectious mononucleosis is an acute viral illness that doctors believe is probably caused by the Epstein-Barr virus. Mononucleosis takes its name from an above-normal concentration of single-core (mononuclear) white cells present in the person's blood. The presence of these white cells—that are called lymphocytes—confirms the diagnosis of mono.

"Infectious" is actually a somewhat misleading term because the disease is not readily communicable. In fact, roommates and relatives of persons with mononucleosis often do not get the disease.

Mono is called the kissing disease because that's one way it is thought to be spread. The Epstein-Barr virus is usually transmitted by direct oral contact, but can be transmitted by indirect transfer of saliva (for instance on a bottle passed quickly from mouth to mouth), and on rare occasions by blood transfusions. Persons who have had mono can be carriers for a year or more after the acute phase of the illness has passed. (Persons who have had mono in the past year should not be blood donors.)

What are the symptoms?

Each person with mono has somewhat different symptoms, but fatigue is one almost universal symptom.

The incubation period for mono is from 20 to 30 days. The disease usually begins undramatically (in fact rather sneakily) with one to two weeks of tiredness, a vague overall feeling of being unwell, loss of appetite, fever, and sore throat. Lymph nodes in the angle of the jaw and the front part of the neck may swell. Sometimes, however, the disease begins abruptly with a high fever. In many cases the spleen and liver become enlarged; many patients experience headaches or difficulty in swallowing. A few people with mono have a fleeting red rash that doesn't itch. Others, who happen to be taking the antibiotic ampicillin for another condition, may break out in a vivid red body rash.

The acute phase of mono usually lasts for two to three weeks, after which time recovery is customarily rapid. However, it is not uncommon for some weakness and tiredness to persist for two to three months after the acute symptoms have disappeared. There is no such thing as "chronic mono."

Patients often report that when they begin to feel better and return to work or school, they find they tire after only two or three hours.

Serious side effects

There are few serious complications from infectious mononucleosis. The two most serious are ruptured spleen (less than five in 1,000 cases) and neurologic involvement (15 in 1,000 cases) that includes encephalitis, meningitis, neuritis, and Guillain-Barre syndrome. Pneumonia sometimes complicates mono, and severe cases of mono can result in inflammation of the lining surrounding the heart.

Obviously an illness that keeps a person in bed for one to two weeks, and makes them weak for two months or longer, has profound social and economic effects.

Students may suffer academic setbacks. Breadwinners have difficulty too because sick leave, if not savings, may be used up while mono runs its course. It's not surprising that people with mono feel mentally down as well as physically exhausted.

Diagnosing mono correctly

Because the clinical symptoms of mononucleosis—fever, sore throat, swollen glands, and malaise—are similar to those of many other diseases, doctors will make use of several laboratory tests to confirm the diagnosis of mono. These tests check for the presence of specific antibodies that appear in the blood of persons with mono, and the number and type of lymphocytes.

Why bother with tests if there's usually no medical treatment? Doctors sometimes need to rule out the possi-

continued



continued

What you should know about MONO

bility that another disease (one that *does* require specific treatment) is causing the illness, and to determine the extent and severity of mononucleosis.

A person who is being treated for mono should, of course, return to the doctor if any complications develop. These complications might include acute abdominal pain. Other symptoms are fever that continues for three or more days or develops after other symptoms have begun to go away; severe headaches; jaundice; vomiting; tingling sensations in arms and legs; a rash; and difficulty breathing or swallowing.

Simply being exposed—even for an extended period—to the mono virus isn't a guarantee that you'll get the disease. Circumstances have to be just right before the virus actually causes mono. But, while the chances of getting mono are not great, there is no known way to prevent the disease either.

Is rest the only treatment?

Once mono is diagnosed, the only effective therapy is symptomatic: rest and aspirin to relieve discomfort from fever and swelling. If the spleen becomes enlarged, physical exertion is ruled out to avoid rupturing the spleen; bed rest also may be ordered. Sometimes, steroids are used to reduce the inflammation and swelling.

Your doctor won't prescribe antibiotics for you because they are of no use in treating mononucleosis. The illness is caused by a virus, and antibiotics are effective only against bacteria. Antibiotics would be used to treat a concurrent disease such as strep throat.

Isolation of the sick person is unnecessary. Good hygiene is all that is required. Dishes should be washed in hot soapy water, and drinking glasses and toothbrushes should not be shared.

Plenty of fluid and a normal well-balanced diet are prescribed for the mono patient. There is nothing to be gained from a high protein diet; in fact it could be harmful in cases where there's serious liver involvement. —*Constance Block*

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25. Technical Shorthand Typist (242)
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28. Secretary (310)
29. Secretary/Transcription (330)
30. Secretary/Shorthand (335)
31. Technical Secretary (340)
32. Technical Secretary, Transcription (341)
33. Technical Secretary Shorthand (342)
34. Executive Secretary (350)
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47. Word Processing Transcription Typist (530)
48. Word Processing Shorthand Typist (535)
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50. Technical Word Processing Transcription Typist (541)
51. Technical Word Processing Shorthand Typist (542)
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The prices shown are suggested retail prices only.

LENOX CHINA & CRYSTAL

Lawrenceville, N.J. 08648

One of the main attractions of this small dining room (*below left*) is the verdant view. To play up the garden-like atmosphere of the room and play down the big, boxy windows, the entire length of the window wall was given a striking trellis treatment. The simple white-painted window dressing lets the natural light in and contributes to the feeling of openness. Bright floral wallpaper with a white background covers the remaining walls.



Photograph: Jessie Walker

▲ Soft, off-white walls and natural wood predominate in this charming country-style dining room. The simple wooden shutters, stained to match the original woodwork, provide privacy and light control while giving the windows a handsome, pulled-together look. The window also serves as an effective backdrop for the accessories displayed on the old English pub table-turned-sideboard underneath.



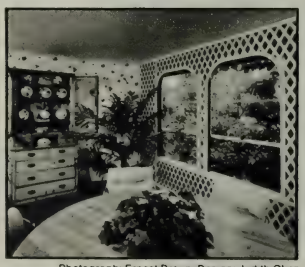
Photograph: William Hopkins. Design: Catherine Me, Design Group M. Source: Patricia Carpenter

▲ Sliding wooden shutters contribute to the uncluttered good looks of this contemporary bedroom. To complement the "natural" grass cloth wall covering, the shutters were left unfinished and unpainted. Sleek cabinets turned wasted under-the-window wall space into valuable storage.

DECORATING

Wooden window treatments

When you want a simple, no-fuss window treatment that will still add warmth and texture to a room, it's natural to call on wood. Here are three wooden window treatments you might consider.



Photograph: Ernest Braun. Design: Judith Oken. Source: Helen Heitkamp







Seeing my Gallery's different room settings gives me ideas for my own house. And Ethan Allen's new Treasury is full of decorating ideas I can take home–392 pages of them! The Treasury's free when you drop in, even if you don't buy a thing.

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Ethan Allen Galleries



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LOOK US UP IN THE YELLOW PAGES

1979 Ethan Allen, Inc.

Margaret Daly

Year-end tax strategies

Some last-minute maneuvers may pay off in tax savings for you this year or next. You'll have to do some figuring, and the plan won't work for everyone, but the results could be well worth the effort.

Your basic year-end strategy is simple: Bunch tax-deductible expenditures into one year so that you can itemize deductions on your tax return that year. Then in the other year, when your actual outlay for deductible expenses is less, you can take the "zero-bracket amount"—the flat figure you're allowed to subtract from your taxable income if you don't itemize deductions. (The zero-bracket amount for 1979 and 1980 currently stands at $3,400 for married couples filing jointly —$1,700 each if filing separately—and $2,300 for single taxpayers.)

Suppose your family has already spent about $3,000 this year for interest on your mortgage, taxes, and other deductible items. Suppose also that you had an extra-large dental bill this year, or you paid off a major loan, and you don't anticipate more than $2,500 in deductible expenses in 1980.

In that case, your strategy would be to try to switch at least $400 dollars' worth of tax-deductible payments into 1979 that you might otherwise have incurred in 1980. Then, in 1980, you'd take the zero-bracket amount of $3,400 —knocking $900 off your taxable income. That's a tax savings of $288 for a family in the 32-percent bracket (from $24,600 to $29,900 net taxable income for joint returns).

There are some limits as to what expenses you can shift (see below). You'll also have to do some guesswork, especially about 1980. You can't, for example, tell exactly what your expenses or income will be. Also, inflation will figure into how much you earn and spend. You may or may not have the same number of dependents as this year. And, 1980 is an election year—often Congress' favorite time to play Santa by granting a tax cut. (The possibility of a tax cut may make it extra attractive to itemize this year and take the zero-bracket amount next year.)

What about income?

If you anticipate a sharp drop in income next year—because you're retiring, for example—it may be to your advantage to take the zero-bracket amount in 1980. In that event, you should take as many deductions this year as you can. Conversely, if you expect your income to rise, your strategy might be to hold off whatever deductible expenses you can until 1980.

Most of us, however, can't do much about switching income from one year to the next; year-end salary checks are counted for 1979 when received that year, even though they may be deposited in 1980. But if you earn a living through professional fees or your own business, you might delay or speed up billing and juggle business expenses.

Figuring it out

The chart on this page will help you determine when to itemize or take the zero-bracket amount. Use checks, bills, and last year's return as guides.

Step 1. Don't forget to figure in Christmas bonuses, even though you may be able to make only an educated guess about the exact amount this year or next. Also include rebates you receive from 1979. Year-end interest and dividend payments will be credited in 1979 no matter when you receive them. Check with your broker about tax implications if you plan a securities sale.

Step 2. Beginning this year, you can subtract $1,000 per dependent from your gross taxable income. Do some rough figuring now to be sure any borderline dependent still qualifies—such as a college-age youngster or an aging parent who may be partly supporting himself or herself. You must pay over half of a dependent's living expenses; some extra cash now for clothing or savings may make the difference.

Step 3. Whether you itemize or not, you can take certain deductions, such as alimony and contributions to an IRA or a Keogh plan, off the top.

Step 4. You get this figure by subtracting Steps 2 and 3 from Step 1.

Step 5. To count for 1979, checks for deductible items must be mailed by December 31. Request return receipts and clip them to your canceled checks in case the IRS inquires.

Medical expenses can be deducted in the amount you spent above three percent of your adjusted gross income (one percent for drugs), but perhaps some major expenses can be juggled. As you figure, don't forget travel costs or medical insurance payments (up to a limit).

For big-ticket purchases such as a car or boat, you may deduct the sales tax in addition to the regular IRS sales tax guidelines for the year. Time such purchases accordingly. You also may be able to pay some state and local taxes now instead of in January.

Year-end tax work sheet

	1979	1980		1979	1980
1. Income			5. Potential deductions		
2. Dependency exemptions			• Medical		
3. Off-the-top deductions (such as alimony, IRA, Keogh)			• Taxes		
			• Interest		
			• Charity		
4. Total before taking "zero-bracket amount"			• Other		
			• Total		

Source comparative 'tar and nicotine figures: Either FTC Report May 1978, or FTC Method.
Of All Brands Sold: Lowest tar, 0.5 mg. 'tar,' 0.05 mg. nicotine av. per cigarette.
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Nothing cleans the Dry-Hards better. Nothing at any price.

This is the "before" and "after" photograph of a Dry-Hard problem solved by Electrasol. To create this Dry-Hard we left chocolate pudding on this dish to dry on, overnight. Then Electrasol went to work, in a dishwasher loaded with Dry-Hards.

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Now every dog can enjoy a taste of the soft life...

MOIST & CHUNKY

Ralston Purina Company, 1979. For your pet's health, see your veterinarian regularly.



Photograph: Marvin Semel. Design: Meredyth Moses. Source: Estelle Bond Guralnick

If your prized collection of plants is worthy of being placed on a pedestal, here's an inexpensive and eye-catching way to display them.

An ordinary plumbing pipe takes on pedestal status in this basement-level family room. Topped by a store-bought plant dish, the slim glazed clay column supports a thriving Christmas cactus in a handsome Indian-style basket. The clay pipe blends "naturally" with the woven area rugs, basketry, and earth tones of this informal setting.

DECORATING

Show-off plant displays

Put your imagination and your green thumb to work to fill in empty space near a window. Here are two idea-starting examples of well-placed plant displays.



Photograph: E. Alan McGee. Design: Susan Katz. Source: Ruth L. Grenci

A staggered trio of lighted pedestals creates a dramatic focal point in this sparsely furnished contemporary living room. The white cylinders showcase an eye-catching collection of plants and hand-thrown pottery. The grouping warms up the room's monochromatic scheme and softens the row of high casement windows.

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And, more importantly, with the new gas appliances you'll save year after year.

*Energy consumption and cost are based on US Department of Energy established average values

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Instant Party. Just add people

Get a great party going anytime...in no time, with delicious SPOON SIZE Lip-Smackin' Snacks. The crunchy whole wheat goodness of SPOON SIZE® Shredded Wheat, and the great taste of Lawry's Seasoned Salt are the basic ingredients for a Lip-Smackin' Snack that adds life to any party. (Look for a free sample of Lawry's Seasoned Salt in specially marked packages of SPOON SIZE Shredded Wheat.) Serve this tasty snack together with festive Strawberry Delight Punch made with Nestea® 100% Tea instant tea, and you have a party ...just add people.

SPOON SIZE LIP-SMACKIN' SNACKS RECIPE

4 cups SPOON SIZE Shredded Wheat
⅓ cup butter or margarine, melted
1½ tsp. Lawry's Seasoned Salt
1½ cups pretzel sticks
½ cup salted peanuts
⅓ cup dark seedless raisins or DROMEDARY® Chopped Dates

Spread SPOON SIZE Shredded Wheat in a single layer on a large, shallow baking pan. Drizzle melted butter or margarine over cereal. Sprinkle with Lawry's Seasoned Salt. Add pretzel sticks and peanuts; stir gently to mix. Bake in preheated oven (350°F.) for 15minutes. After baking, stir in raisins or chopped dates. Serve warm or cold. Makes 5½ cups.

STRAWBERRY DELIGHT PUNCH RECIPE

½ cup Nestea® 100% Tea instant tea
6 cups cold water
One 10-oz. pkg. frozen strawberries, thawed
One 6-oz. can frozen lemonade concentrate, thawed
½ cup sugar
Ice
Lemon slices (optional)

In 2½ qt. punch bowl, combine Nestea 100% Tea instant tea and water; set aside. In blender container, combine strawberries, lemonade concentrate and sugar; process at high speed, about 15 seconds or until smooth. Pour into Nestea mixture; mix well. Serve over ice with lemon slice, if desired. Makes: fifteen 4-oz. servings.



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The Plain-Meat Potatoes

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GOLDEN CHEDDAR TURKEY BAKE

- 3 cups chopped cooked turkey or chicken
- 1½ cups celery slices
- 1 cup (4 oz.) cubed KRAFT Sharp Natural Cheddar Cheese
- ¾ cup salad dressing
- ¼ cup toasted slivered almonds
- ¼ cup chopped onion
- 1 tablespoon MINUTE MAID 100% Pure Lemon Juice
- 1 teaspoon salt
- ½ cup KELLOGG'S Corn Flake Crumbs
- 2 tablespoons margarine, melted
- 1 medium tomato, sliced

Combine turkey, celery, cheese, salad dressing, almonds, onion, lemon juice and salt; mix lightly. Spoon mixture into 10 x 6-inch baking dish. Toss Corn Flake Crumbs with margarine; sprinkle over casserole. Bake at 325° F., 35 minutes. Top with tomato slices; continue baking 5 minutes. Top with additional shredded cheese, if desired.

Yield: 6 servings



Golden Cheddar Turkey Bake from Kellogg's, Minute Maid and Kraft.

Easy-to-bake, tasty new casserole idea that turns turkey or chicken leftovers into a delightful dinner dish. Its gourmet flavor comes from Kraft* Sharp Natural Cheddar Cheese, Minute Maid** 100% Pure Lemon Juice and the crisp, golden topping of Kellogg's® Corn Flake Crumbs.

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And with Mr. Peanut® embossed on the top and bottom, this Planters decanter is a great collector's item. Get it now while you get 10¢ off with the attached coupon. Planters 1979 Limited Edition Decanter. The good taste of Planters never ends.



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BUILDING

A thyme-saving swing-out spice rack

This two-sided spice rack makes short work of finding your favorite seasoning. The unit holds more than 50 bottles and cans and is designed to swing out without knocking over adjacent jars.



Photographs: William Hopkins
Architect: Mel Solomon, AIA

If you go in for herb cookery, you probably know that many spices are adversely affected by light. Cabinet storage solves the light problem, but inevitably some of the jars migrate to the back of the cabinet.



Source: Jean Kygar Eblen

That can't happen with this swing-out spice rack. It pivots on a piano hinge attached to a 1x2 screwed to the cabinet's frame. The rack is only eight inches deep, so there's room behind for large cereal boxes. And because the rack narrows from 19 inches wide in front to 17 inches in back, it swings clear of adjacent items.

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Look for it at better stores everywhere.

KitchenAid. Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

Eye-pleasing arrangements

A smooth blend of contemporary and traditional furnishings is not only possible, it's one of the best ways to achieve a design scheme that's classic yet fresh, sophisticated yet comfortable. Both of these handsome, well-arranged living rooms prove the point.

Photographs: John Rogers. Source: Sims/Magazzine. Design: Sally Johnson



▲ A variety of styles and patterns meld beautifully in this contemporary setting. The furniture pieces were carefully chosen for their classic, complementary lines and arranged to make the best use of space. Two sofas flank the fireplace and define the large, center-of-the-room conversation grouping. A country-French-style chair and ottoman, plus a pair of contemporary slipper chairs, balance the arrangement. Ottomans beneath Parsons-style sofa tables offer extra seating.

Design: Sharon Gillespie, ASID Assoc., Jaye Skaggs Designs



◀ Graceful Queen Anne-style chairs and an antique sofa take on contemporary flair in this small, elegant living room. Sparkling mirrors streamline the old fireplace as well as visually expand the size of the room. The trio of windows is dressed up with draperies in a perky contemporary print; window shades and toss pillows are made from a companion fabric. Off-white upholstery updates the traditional sofa. A glass-topped contemporary table completes the setting.

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GORHAM ORIGINALS IN STERLING, CHINA, CRYSTAL

What's what in threads

When shopping for thread these days, you may find the vast selection of general-purpose and specialty threads a little overwhelming. Here's a rundown of the threads available and how they can work for you.

General-purpose threads

Long-staple (or long-fiber) polyester thread is an important new development for general-purpose sewing. Because the fibers used for the thread are longer (due to improved textile technology), the thread is smoother and finer. This increased fiber length also makes the thread strong and resilient. Long-staple polyester thread is also compatible with a variety of today's fabrics.

Polyester core thread has been improved considerably since it was first introduced in the 1960s. Now this cotton-covered polyester thread offers a combination of desirable characteristics. Because of the cotton wrap, the thread has a smooth, lustrous texture and is easy to use with a variety of fabrics. The polyester core gives this thread strength and minimizes fraying when it's machine stitched.

Spun polyester thread, one of the first 100-percent-synthetic threads, is compatible with both natural and man-made fiber fabrics. It has largely replaced cotton thread because it is heavier and stronger and doesn't shrink or fade.

Cotton thread was once a mainstay of the thread market, but it's not generally popular these days. Although it is smooth and easy to work with, it lacks the strength and elasticity that some of today's fabrics demand. Cotton thread is best used with natural fabric.

Silk thread has always been considered a luxury in home sewing. It is mostly used for fine dressmaking and professional tailoring.



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Specialty threads

Embroidery thread, usually available in small skeins of six-ply strands, is a cotton thread that will fill in areas of fabric smoothly and evenly. Although embroidery thread is only used for decorative sewing, it is strong and holds up well.

Quilting thread is finished with a waxed "glaze" to increase its strength and to prevent knotting and tangling. This thread is strong and smooth enough to pass easily through layers of fabric and polyester fiberfill.

Metallic thread is used for decorative stitching only. It is usually sold by the strand and should be worked in short lengths because of its tendency to unravel and twist. This thread is not very strong, so it should not be pulled through heavy fabrics. Heavier metallic thread is intended for couching work and is tacked down with finer metallic or transparent thread.

Polyester buttonhole twist is becoming a staple in home sewing, replacing the once popular silk buttonhole twist, which has become expensive. Because of its core, polyester thread is heavier and stronger than silk thread.

Basting thread is a thin, lightweight thread developed specifically for basting. It breaks easily and is very soft, so it's ideal for temporary basting stitches.

Transparent, heavy-duty, and button (or carpet) thread are other specialty items, each performing its own special task. Transparent thread is helpful when you're working with multicolored fabrics. Heavy-duty, button, and carpet threads are used for a variety of purposes, including sewing heavy denim, canvas, and upholstery.

Qualities to look for

When deciding which thread to buy, first consider your basic needs and how you plan to use the thread. Then, look for a thread that is long-lasting, has a smooth, uniform texture, does not shrink or bleed, and washes well.

When using a new type of thread, always stitch a small sample on scrap fabric before beginning a project. Then check the sample for strength, color match, and finished appearance.



Why does Pennsylvania House put so much work into a part of this chest you won't even see?

Because we're old-fashioned enough to be shocked by today's expensive automobiles with cardboard glove compartments. New houses with no wood flooring. Christmas toys that have stopped working by Christmas afternoon. At Pennsylvania House, we just don't think that's what craftsmanship is about. We hand fit each chest drawer so carefully that it has to be numbered. It will only fit one opening perfectly. We hand-tie springs in our upholstered pieces eight ways for more support. For longer life. We join the back and side rail of each chair to the frame with double or even triple dowels. For strength and durability. Now, you won't see these—or a dozen other—fine details. But you'll know the difference years from now. And that's important to us. Because at Pennsylvania House we've got old-fashioned ideas about quality and value. And in a world of cardboard glove compartments, we prefer it that way.



Remove any drawer from a Pennsylvania House piece. Turn it over. That "channel" down the middle is a center guide. It keeps the drawer from wobbling or sticking. There's another guide at the end of the "channel" that keeps the drawer level even when it's fully extended.

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Stretching a Victorian cottage

Originally, John and Rachel Carter used their delightful Victorian cottage as a weekend retreat. Now the cottage is the couple's year-round home, thanks to this house-stretching addition.



Despite its Victorian charm, the cottage was too small for comfortable living on a permanent basis. So when the Carters decided to make it their year-round home, they enlarged it with this living room addition, *right*. The French doors, curved window, and exposed ridgeboard help the add-on blend perfectly with the existing house. The new deck extends living space to the great outdoors.



Photos: Fred Lyon. Architect: Sus[illegible]agstad, AIA

Inside, the wall of windows brightens the 18x20-foot area, *above*, and provides a full view of the adjoining deck and surrounding scenery. The large expanse of glass combines with a high-pitched ceiling to make the room seem larger than it actually is.



Source: Barbara Cathcart

The rear wall houses a floor-to-ceiling library, *above*. A fixed ladder provides access to a cozy reading loft. Beneath the area, built-in cabinets furnish lots of storage space. Connecting the addition to the house is a 6x21-foot buffer zone containing a hall and bath.

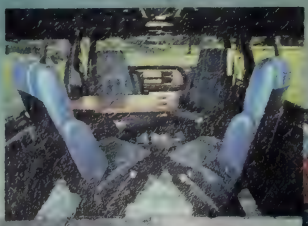
FORD'S EXCLUSIVE CLUB ROOM



1980 Ford Captain's Club Wagon. All the luxury and comfort of a station wagon and much more room.

Here's one exclusive Club everyone can easily enter! Ford's advanced Club design means more move-around room for driver and plenty of inside passenger comfort. These Club Wagons are built tough—with separate body-on-frame construction, cushioned against bumps by rubber mounts. Plus—rugged Twin-I-Beam suspension. Wide engine choice: 4.9L (300 CID) 6-cylinder, 5.0L (302 CID), 5.8L (351 CID), 6.6L (400 CID), 7.5L (460 CID). See your Ford Dealer! Ask him about Ford's anti-corrosion warranty. And ask about Ford's Extended Service Plan.

Built Ford Tough



Welcome inside the new Club. Ford's Captain's Club Wagon comes with fold-out card table, four swivel chairs, and seat/bed.



Combination seat/bed. Folding rear seat turns Ford's Captain's Club Wagon into a mini camper.



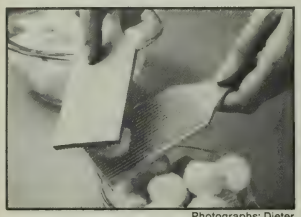
Super wagon size, too! Ford wagons offer seating plans for four to 15 passengers. And Ford Club Wagons offer light- and heavy-duty Trailer Towing Package options.

FORD

FORD DIVISION Ford

Kitchen gadgets that work

The world of kitchen gadgetry is as full of fakes as an old-fashioned medicine show. But mixed in among the phonies are some inexpensive tools that are genuine helpers.

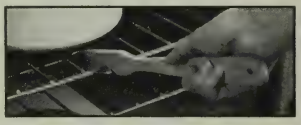


Photographs: Dieter

BUTTER PADDLES: Quaintly patterned butter balls are an elegant addition to a special dinner. Roll a lump of chilled butter between the wooden paddles to achieve the desired shape.



TASTING SPOON: Now there's a sanitary way to sample the soup without washing the spoon after each sip. Scoop up your concoction, then let it flow down to the tasting end of the spoon before you sample.



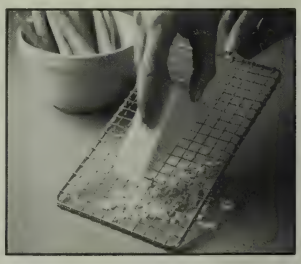
OVEN RACK PUSHER/PULLER: This wooden tool replaces hot pads when you're moving oven racks in and out. One notch is for pulling, the other for pushing. Use two tools for best results.



NUTMEG GRATER: A nutmeg grater quickly supplies a fragrant dusting of spice for hot and cold drinks, custard, or a steamy spinach soufflé. Store partially ground nutmegs in the top pocket of the grater. (If you've never smelled or tasted fresh nutmeg, you're in for a treat!)



LEMON ZESTER: The scalloped cutting edge of a zester comes in handy when you need tiny shavings of citrus peel for flavoring baked goods or garnishing vegetables and desserts. This tool works infinitely better for both jobs than a large grater and is *much* easier to clean.



WIRE SAFETY GRATER: A wire safety grater hardly looks like a grater at all, but it does a great (grate?) job on cheese, vegetables, and chocolate. The amount of pressure you apply determines the fineness of the grated food. The grater also dices cooked foods such as hard-cooked eggs, potatoes, and other root vegetables.

Haitian Sensation



The joy of life in the laughter, music, songs and dances of the Haitian people make visitors happy to be in this colorful land of warm sunshine and cool breezes. The friendly atmosphere and dramatic scenery lend an air of excitement to everything you do. In the mountains, beaches, markets, casinos ... everywhere. You'll enjoy every moment to the fullest. Come to Haiti ... you'll revel in the Haitian Sensation.



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You get juicier, tastier meats in an oven that cooks with fresh air. The Jenn-Air Convection Oven.

Now an open-fire, open-air taste comes to oven-roasted meats. Meats with a caramel brown coating that traps rich juices inside. Meats that are juicier, tastier, because they're cooked in a whirl of hot, fresh air. Only Jenn-Air gives you the oven that is actually two ovens in one. Just flick a switch and the conventional oven becomes a professional-type convection oven that cooks meat quicker, and keeps it juicier.

The Jenn-Air Convection Oven cooks cleaner, too. Smoke and steam are exhausted direct to outdoors. And, in addition to cleaning during regular use, Jenn-Air has an exclusive "ACCELERATED CLEANING" cycle that cleans many times faster.

The self-ventilating Jenn-Air Grill-Range gives you lots more ways to cook, too. You can grill, griddle, spit-roast, shish-kebab, and deep-fry all on top of the range. For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll free 800-428-1825, or write the Jenn-Air Corporation, 3035 Shadeland Avenue, Indianapolis, Indiana 46226. Also available in Canada.



The Jenn-Air Grill-Range.

©A Magnificent Cooking Instrument

In the family room.

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The new Kingswood Collection is easy to clean. Easy to install. Easy on the fuel bills. And easy on the eyes.



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For Kirsch dealer nearest you, write Kirsch Co., Dept. B-1179, Sturgis, MI 49091. Include $1.00 for a full-color brochure on Kirsch Woven Woods.

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See-worthy chests

Wooden travel trunks and well-stocked hope chests may be a thing of the past, but you can gain lots of storage and decorative mileage from today's adaptations. Here are four good-looking chests to choose from.



This version of an Early American chest is handsome enough to fit anywhere in your home. You can use its stationary top as display space and still have unimpaired access to interior storage. *By Burlington.*



Photographs: Harry Hartman

In pioneer days, sturdy blanket chests like this one probably made wagon trips across the plains. This contemporary version is pine with an oiled finish, and comes ready to assemble. *By Sugar Hill.*



Here's an American [illegible] chest that [illegible] stacked drawer storage as well [illegible] ample closed shelf space. You can use the chest in the bedroom as [illegible] the dining room as a buffet. *By Lane.*



Top this contemporary-style sea chest with pillows to create extra seating under a window alcove, or simply place the chest at the foot of a bed to store bulky seasonal clothing and blankets. *By Stanley.*

Up to now, food processors let you do everything except control them.

With the new Farberware Food Processor, you select the right speed for every kind of job. So you always get the right results.

Because most food processors work at only one speed, they treat all food like it's all the same food, which can cause problems. Especially for someone just beginning to use a food processor.

For instance, a tomato's not as firm as a potato. There should be a simple way to slice each one perfectly. And now Farberware's processor gives you that simple way.



More speeds for more jobs.

By letting you dial just the right slicing, chopping, grating, blending, mixing, pureeing, kneading, beating or shredding speed, you get just the results you want.

Plus the versatility you never thought a food processor could possess.

Say you're preparing a vegetable salad. For the firmer foods, like carrots, dial a medium speed for medium slices, a faster speed for thinner slices. And dial a slow speed to gently slice the tomatoes, without making mashed tomatoes.

Try making blueberry muffins with most other processors and you could end up with a bowl of purple batter. With ours, just dial a slow speed to delicately blend in the blueberries.

The same holds true for dishes like tuna, egg or ham salads that require thorough mincing and chopping for part of the job, then gentle mixing for the rest. What's more, you won't over-mix a delicate cake mix.

More power to you.

Even the heaviest doughs can't bog our processor down, because the motor actually delivers more power to the blade than direct drive processors. It's a reliable motor, too, thanks to solid state circuitry. And it not only works harder, it also stops faster. In under 3 seconds.

Important as this safety feature is, it's not our only one. There's a "power-on" light, a double-safety interlock, an on-off pulse switch, a longer feed tube. Plus extra strong suction feet.

The best blades. Top to bottom.

Our processor comes with 4 blades that do all the tough jobs you want from a processor.

Because they're Farberware, you know they're the finest. And because they're braced from underneath, they never bend or warp.

And always cut precisely.

They clean more easily, too. We took out every hard-to-clean nook and cranny and put a flush-through hole down the center core.

We arranged the shredding blade's edges to give you consistently even shredding.

Our new, stubby kneading blade works with a true hand-kneading action. In one-twentieth the time it takes you by hand.

Another Farberware exclusive. The Farberware name.

If you have a Farberware product, you have first-hand knowledge why Farberware's name is as good as it is. So you can be sure our new food processor will live up to all we say it can help you do. Because it must live up to its name. Farberware.



FARBERWARE®

Subsidiary of Walter Kidde & Company Inc

KIDDE

Farberware, 1500 Bassett Ave. [illegible], N.Y. 10461

Just-for-fun bowling pins

Here's how your kids can safely share the fun of bowling. These soft-sculpture tenpins work just like the adult kind, but with less noise and confusion, and no bruised toes.

Materials: ¾ yd. white stretch terry, ¼ yd. velveteen, 2½ yds. 1-inch-wide red velvet ribbon, polyester fiberfill, scraps of shirt cardboard, glue.

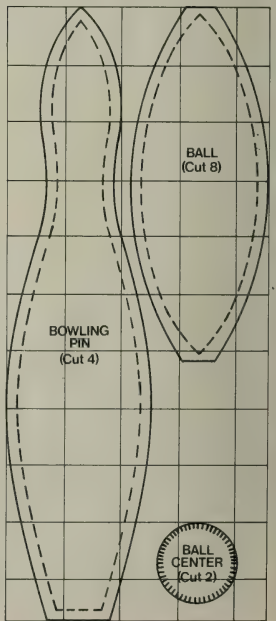
Directions: Enlarge the bowling pin and ball patterns, *below*. From terry, cut 40 pin pieces and ten 2½-inch-diameter fabric circles for the pin bottoms. Cut ten 2-inch-diameter circles from cardboard to stabilize the base of each pin. For the bowling ball, cut out identical eight pattern pieces from velveteen and two circles to cover the ends of the pattern pieces.

For each pin, double-stitch the sides of four pin pieces together using ¼-inch seam allowances. Center and glue the cardboard circles atop the fabric circles for the base. Let them dry. Stuff the pin tightly with polyester fiberfill through the bottom opening. Slip-stitch the circles to the bottom of the pin keeping the cardboard circles to the inside. Stitch velvet ribbon strips to the neck of the pin as shown.

Using ¼-inch seam allowances, stitch all eight sides of ball together and stuff it firmly. Slip-stitch two circles to close the ends of the ball.



Photograph: William Hopkins. Design: Kathleen McDonald



1 Square = 1 Inch

And then he said...
"The Fruit is Good"



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Happily delicious Jarlsberg cheese has a mellow, yet distinctive, nutty flavor unlike anything you've ever tasted. It's firm enough for bite size chunking, yet versatile enough to be used in everything from sandwiches to salads to souffles. A great cheese to be caught serving, popular with every age from the very young to the young at heart. Ask for it where you buy cheese.

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Enjoy Gjetost, Nokkel, Norvegia, Ridder and the many other fine cheeses from Norway.

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The KitchenAid Trash Compactor.

















You'll wonder how you ever got along without it.

Spend a week with the KitchenAid trash compactor, and you'll wonder how you ever got along without it.

It squeezes a week's trash into one small load. [illegible] with overflowing waste[illegible]ers and smelly trash cans.

The KitchenA[illegible]compactor has an exclusive Litter[illegible] door on top that's super co[illegible]nt for quick [illegible]aways. And [illegible] drawer down below for [illegible] loads. Its exclusive Tilt-[illegible]ket can be used with or without trash bags. And the exclusive activated charcoal filter removes odors.

A KitchenAid trash compactor has the same kind of built-in reliability and performance as KitchenAid dishwashers. Plus convenience features that'll prove their worth many times a day. To learn more, see your KitchenAid dealer or write for our free point-by-point comparison.

We built our reputation on performance, not promises..

KitchenAid. Because it's worth it.

[illegible] corporation, Troy, Ohio 45374

FURNISHINGS

New roles for washstands

The old-fashioned washstand may have outlived its original purpose, but now it's in demand as a functional and attractive accent piece. Here are two of the reproduction washstands currently on the market.



Photographs: Harry Hartman

▲ With its wealth of storage space, this handsome cabinet would be a useful addition to a living room, dining room, den, or kitchen. The single bow-front drawer, leaded glass doors, and brass hardware recall the era of golden oak. *By Pulaski.*



▲ Use this charming one-drawer washstand as a bedside table, place it in a hallway, or put it in a guest bedroom to hold towels. The piece measures 24x17x37 inches and features graceful lines and a caned back panel. *By Thomasville.*



Common Sense says a microwave with everything doesn't ask you to give up anything.

Unlike other microwaves which make you select from a variety of features, Magic Chef gives you a variety of select features.

Like a big Complete Meal Oven that lets you cook meat, potatoes and a vegetable all at one time. And all on one level.

Our Common Sense 12-hour Delay Start lets you start dinner automatically. Just set it when you leave home and it'll have dinner ready when you get home.

Our Automatic Thermometer is perfect if you want meats and casseroles to turn out perfectly. It won't let you overcook.

Set our Common Sense Keep Warm and it'll automatically keep dinner warm when it's ready. If you get stuck in traffic, you won't get stuck with a cold meal.

Our Three Level Memory won't keep you in the kitchen. Just set it for three heating times (up to 99 minutes each) and three heating temperatures (like defrost, roast and keep warm) and forget it. Our Memory won't forget them.

Magic Chef's Slow Cook lets you cook food slowly. So recipes that shouldn't be rushed, don't get rushed.

Every Common Sense oven gives you the versatility of Ten Heating Levels, from High to a gentle Keep Warm. It even bakes pies and cakes.

What's more, it has a Digital Clock that tells you the time when you're not cooking. And how much cooking time you have left when you are. It even tells you food temperature when you use your Automatic Thermometer.

And Common Sense is as easy to clean as it is to cook in. Its smooth acrylic-finished walls and one-piece sealed-in cooking surface simply wipe clean. And there are no screws to catch dirt or racks and platters to remove.

And speaking of easy, with a Common Sense microwave you get a free, easy-to-understand cookbook featuring hundreds of mouthwatering recipes. It also has helpful time and temperature charts and a special guide to complete meal cooking.

Common Sense from Magic Chef. Perhaps its most important feature is that it doesn't ask you to give up any important features.

The only thing Magic Chef does ask you to give up, is time in the kitchen.



"Countertop or combination Magic Chef makes Common Sense."—Jack and Barbara Nicklaus

Magic Chef®
Cleveland, TN 37311

The Wright's® Way



Gently cleans, polishes new and old silver.

The Wright's® Way



Polishes easily to a brilliant finish.

The Wright's® Way



Cleans, brightens without heavy rubbi...

J. A. WRIGHT & CO.
Keene, New Hampshire 03431

Sleek dining room storage

Well-planned built-ins can solve the storage problem in a diminutive dining room. Unlike store-bought freestanding units, custom built-ins like the ones below can be sized to suit your special needs.



Photographs: Maris/Semel. Design: Penny Goldwasser. Source: Ruth L. Reiter

Here, a section of wall was cut away to create a trim built-in buffet alcove. The cutaway section makes excellent use of otherwise wasted space. For worry-free serving, the ledge is topped with heat-resistant glass. The recessed niche also frames a treasured plate collection, shadow-box fashion. When the buffet ledge is not in use, it too can be used to display accessories.



Design: James P. Pannone

This striking built-in wall unit converts one wall of a small dining room into efficient storage space. Shelves on either end of the unit display old silver and collectibles, and the wall space in between showcases a favorite painting. Both accessories and art are illuminated by a built-in light bridge. Closed storage underneath conceals tableware, linens, and serving pieces. Antique brass door handles add an Oriental flavor to the unit.

INTRODUCING COCONUT CUISINE.

The exotic flavor of coconut that has entranced visitors to the tropics for generations can now be enjoyed at home.

The answer is Coco Casa Cream of Coconut, a whole new form of coconut. It's a smooth, white, consistent cream that finally delivers the very essence of fresh coconut.

Shake it with rum for frothy Pina Coladas. Use it to make delicious coconut-based appetizers, entrees and desserts.

Recipes for all the dishes on this page are either on the label, under the resealable lid or from Holland House Brands Company, Department CC, Ridgefield, New Jersey 07657.

You'll find Coco Casa Cream of Coconut where you buy your cocktail mixes or in the baking section of your supermarket.



COCO CASA™ CREAM OF COCONUT FROM HOLLAND HOUSE®

HEAVENLY COCONUT CAKE

COCO CREME CELESTE

COCONUT CREAM PIE

TROUT COCO ALMONDINE

PINA COLADA

COCONUT FRIED SHRIMP

COCO HORS D'OEUVRES (RIBS, WINGS, RUMAKI)

Food processor brunch ideas

Putting together this company brunch menu is a snap when you call on your food processor to shorten the slicing, chopping, shredding, and mixing steps. Consult your appliance manual for specific operating instructions.

To get a head start, cook and chill the potatoes for the omelet ahead and thaw the berries for the fruit topping. Make the coffee cake first of all. While it bakes, start the omelet and prepare the fruit. Finally, cook the asparagus and prepare the Hollandaise sauce with a convenience mix. Don't forget to put on the coffeepot!

MENU
Fruit with Topping
Oven Potato Omelet
Asparagus Spears with Hollandaise
Apple-Nut Coffee Cake
Coffee



APPLE-NUT COFFEE CAKE

When rhubarb is in season, use 2 cups sliced rhubarb in place of the apple—

- **2 cups all-purpose flour**
- **1 cup granulated sugar**
- **1 teaspoon baking powder**
- **1 teaspoon baking soda**
- **½ cup walnuts**
- **2 medium apples, peeled and cored**
- **2 eggs**
- **1 cup dairy sour cream**
- **⅓ cup cooking oil**
- **1 teaspoon vanilla**
- **½ cup packed brown sugar**
- **1 teaspoon ground cinnamon**
- **2 tablespoons butter or margarine, melted**

Stir together flour, sugar, baking powder, soda, and ¼ teaspoon *salt;* set aside. Place steel blade in food processor work bowl. Add nuts. Process with on/off turns till chopped. Remove; set aside. Cut apples into pieces. Add to work bowl. Process with on/off turns till chopped (about 1½ cups); remove to mixing bowl and set aside. Add eggs, sour cream, oil, and vanilla to processor bowl. Process till nearly smooth. Add flour mixture. Process with three on/off turns (flour will *not* be all mixed in). Transfer to mixing bowl; stir just till mixed. *Do not overmix.* Pour into a greased 13x9x2-inch baking pan. Combine the chopped nuts, brown sugar, and cinnamon. Stir in the melted butter or margarine. Sprinkle over batter. Bake at 350° for 35 to 40 minutes. Makes 1 coffee cake.



Photographs: Dieter

OVEN POTATO OMELET

- **2 medium potatoes**
- **4 slices chopped ham (4 ounces)**
- **½ small onion**
- **6 eggs**
- **⅓ cup milk**
- **1 tablespoon dried parsley flakes**
- **4 slices American cheese, halved diagonally**
- **8 tomato slices**

In covered pan cook whole potatoes in enough boiling salted water to cover for 20 to 25 minutes or till *almost* tender. Drain and chill. Peel the potatoes. Place shredding disk in work bowl of food processor. Shred potatoes to make 2 cups. Remove potatoes; set aside. Place slicing disk in food processor bowl. Stack ham slices, then carefully fold in half; place in feed tube with folded side against side of feed tube. Cut meat into julienne strips, using light pressure with pusher. Remove meat; add to potatoes. Place steel blade in work bowl. Add onion. Process with on/off turns till finely chopped. Remove onion; add to potatoes and ham.

In food processor bowl combine eggs, milk, ¾ teaspoon *salt,* and ⅛ teaspoon *pepper.* Process till well mixed. Combine the potato mixture and egg mixture. Stir in parsley. Pour into two well-greased 8x1½-inch round baking pans. Bake in 350° oven 15 to 18 minutes or till almost set. Place cheese triangles on omelet; top each piece of cheese with a tomato slice. Bake 5 minutes more. Cut omelet in each pan into four wedges. Serves 8.



FRUIT WITH TOPPING

If you like, slice an apple in place of one of the pears—

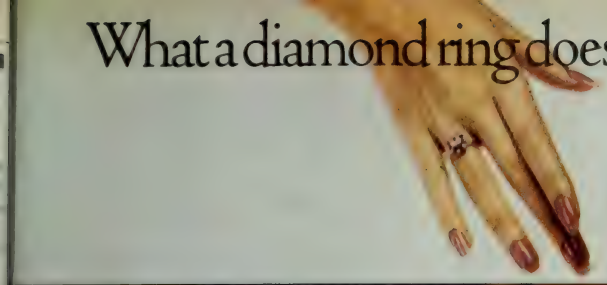
- **2 medium bananas, peeled and halved lengthwise**
- **3 ripe medium pears, quartered and cored**
- **2 cups water**
- **3 tablespoons lemon juice**

Topping

Place slicing disk in food processor work bowl. Slice bananas and pears; remove to bowl. Add water and lemon juice. Meanwhile, prepare Topping. Drain fruit; divide into sherbet dishes. Spoon Topping over each serving. Makes 6 to 8 servings.

Topping: With steel blade in food processor work bowl, start processor. Add one 3-ounce package *cream cheese,* quartered, through feed tube; process till smooth. Add one 10-ounce package *frozen strawberries,* thawed, and ⅛ teaspoon *ground ginger* through feed tube. Process till mixture is smooth.

What a diamond ring does for your finger,





Stouffer's Side Dishes do for dinner.

Stouffer's Spinach Souffle and Noodles Romanoff are just two of the 13 side dishes Stouffer's makes. To liven up a simple meal. Or do justice to a special one.

Out-of-the-ordinary dishes. Made with uncommon care. To be uncommonly good. That's why they're the great mealtime accessories.



Stouffer's Side Dishes.
The great mealtime accessories.

No dishwasher detergent can prevent water spots.

This glass was washed with a leading dishwasher detergent. Any detergent can leave water spots, because spots form in the rinse cycle, after your detergent has gone down the drain.



The ceiling in the 14½x19-foot family room vaults from eight feet at the sidewalls to 12 feet at the ridge. Tongue-and-groove pine gives the ceiling the casual look the Evinses were after.

The addition has its own space heating system and an air conditioner. Since access from the Evins's den to the new living area is through the old back door, the family can easily close off the family room and avoid heating or cooling this add-on space.

BUILDING

A sunny, energy-saving family room

When the Evins family decided to add a casual living area, they set down some criteria. They wanted an open look with lots of natural light, but they also wanted built-in controls to keep their utility bills from escalating.



Designer: Susan Bradford, ASID. Source: Ruth Grenci

The Evins's addition has double glazing and full insulation to help control heat gain and loss. The family saves on air conditioning by opening the sliding glass doors on either side of the addition for cross ventilation.

Jet-Dry can, because it works in the rinse cycle.

This glass was washed with the same detergent and Jet-Dry. Jet-Dry makes rinse water sheet off without leaving drops or spots.

It comes in Liquid form for machines with dispensers. And Solid for machines without.

Jet-Dry.

Recommended by leading dishwasher manufacturers.



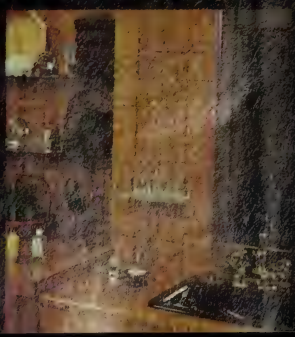
Plan a counter attack against burn marks, cuts and food stains with American Olean Ceramic Tile.

A ceramic tile kitchen counter or vanity top can't be topped for value. Because it lasts longer and stays more beautiful than laminates and synthetics. It's easier to maintain. Even better, American Olean Ceramic Tile is truly affordable.



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Choose from our extensive line of colors, textures and patterns at an American Olean Color Center or Showroom (check the Yellow Pages). For a kit of idea and information-packed brochures, send $1.00 to American Olean Tile Company, 2672 Cannon Avenue, Lansdale, Pa. 19446.





American Olean Tile

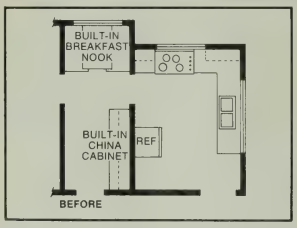
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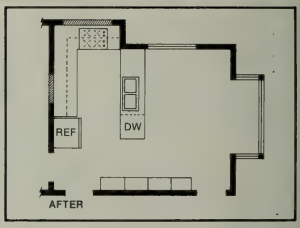
American Olean is Ceramic Tile.



Photographs: Harry Hartman. Design: Donna Burbank, House of Denmark. Source: Ruth Grenci

A GREAT KITCHEN UPDATE





When John and Kathy Carlin bought their 55-year-old house, they knew the kitchen would "get the ax" first. The floor plan of the original kitchen was awkward. A corner breakfast nook was nearly impossible to get in and out of. A pantry with a built-in china cabinet was more cumbersome than useful. Counter and cabinet space was not used efficiently. And the antiquated refrigerator was isolated on one wall.

Despite the age of their house, the Carlins set out to make the kitchen clean, sleek, and contemporary. They met their first roadblock when they shopped for cabinets and found nothing but "[illegible] Times." Eventually they located a store that sold a new German cabinet line and also offered a kitchen planning service.

Several structural changes were necessary to make the kitchen work better.





First, the awkward and ugly breakfast nook was removed. Then the window behind it was blocked in. The opening between the kitchen and dining room was moved to provide a solid wall at one end of the kitchen. The wall dividing the old pantry and kitchen was removed to make more space. Lastly, a two-foot bump-out over the old kitchen sink enlarged the room enough for a love-seat niche.

Kathy wanted a corridor kitchen that would be open but separated from the eating area. Lining up all the major appliances and work surfaces in a corridor allows her to converse with people at the table and still have plenty of elbowroom in the kitchen.

The styling of the table and chairs in the dining area is in direct contrast to the contemporary feeling in the kitchen. Kibitzing family and friends can relax on the wicker love seat and keep Kathy company while she cooks.

Pantry-style cabinets line the entire wall between the two kitchen doorways. The new pantry inspired Kathy to finally get her canned goods lined up alphabetically. The space above the cabinets offered the perfect place for a Danish plate collection.



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We want you to wake up feeling this good every morning.

That's why we designed Sealy Posturepedic® in cooperation with leading orthopedic surgeons for no morning backache from sleeping on a too-soft mattress.

It's a unique back support system that comes in a wide range of personal comfort and firmness. Whichever you select, you'll get deep-down Posturepedic support.

So don't settle for just any firm mattress. Insist on the one and only Posturepedic. Made only by Sealy. And wake up feeling so good it shows.

Sealy Posturepedic

Sealy

A curvy contemporary kitchen

Here's proof that a sleek, contemporary kitchen doesn't have to look like a hard-edged work of art. This newly remodeled kitchen delights the eye with the sweeping curve of the soffit, echoed by the similarly rounded built-in table. Stainless steel and black glass appliances give the room a futuristic look.

With no sharp corners at the ceiling, the room seems larger than its 10x12-foot size. The eating area is defined by a curved soffit with a light molded into the plaster. To offset the stark white laminate cabinets, counters, table, and appliances, the owners chose an imported glazed ceramic tile floor and softly curved rattan-backed chairs.

The table, curved to match the soffit, is supported by one leg and wall brackets. For breakfast or lunch, the table easily seats four; during off-hours, it doubles as a desk, homework table, or craft surface. Paint and crayon marks easily wipe away.

In the background, floor-to-ceiling storage cabinets provide abundant space for dinnerware and groceries. The side-by-side refrigerator/freezer is unobtrusive because it's set into the kitchen entry and nearly matches the sleek laminate cabinets. All the cabinets are touch-latch, so there's no obvious hardware to mar the clean look of the kitchen.



Photographs: Maris/Semel. Design: Steven Gutman. Source: Bonnie Maharam







Slow Cooker



Toaster-Oven



Pop-Up Toaster



Broiler

If you have the one on the bottom you don't need the four on top.



Slow cook dish included.

We compared the versatility of the meal maker™ with these other appliances to make this point:

Nothing compares with it.

Because the meal maker™ can pop-up toast like a toaster.

It can bake potatoes like an oven, or broil a steak like a broiler.

It can even stew a stew, simmer soup, or roast a pot roast as slow as a slow cooker.

So try the meal maker™ from Proctor-Silex.

Because even if you have a lot to cook, you don't need a lot to cook it in.

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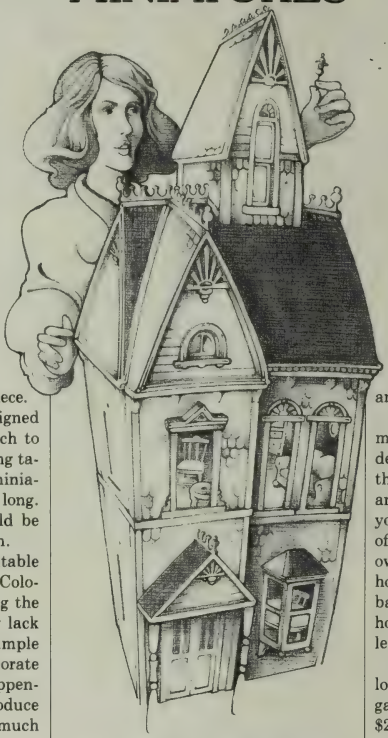
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MAKING AND DISPLAYING MINIATURES

Today the hobby of collecting miniatures is booming. And with the availability of small-scale materials and furniture kits, it's as much fun to make miniatures as it is to display them. Here's how to get started.



Miniature furniture

There's nothing new about miniature furniture. It's been crafted as long as life-size furniture. In 18th-century Europe, builders of fine furniture made scaled-down versions of their work to use as a sales tool. This allowed homeowners to see the wood grain, finish, and other details before contracting a larger piece.

Today's miniatures are all designed to fit a standard scale of one inch to the foot. In other words, if a dining table measures five feet long, its miniature version would be five inches long. An 18-inch-high wall clock would be 1½ inches tall in a miniature room.

Many styles of furniture are suitable for translating into miniatures. Colonial and Shaker pieces are among the easiest styles to copy, since they lack detailed carving and feature simple wood joinery techniques. Elaborate styles, such as Victorian or Chippendale, are more difficult to reproduce faithfully because they require much more shaping and fitting.

If you intend to build miniatures from scratch, be prepared to invest in several pieces of equipment. An electric jigsaw is essential for cutting out shaped pieces. Make sure the jigsaw has a well-built motor and a table that tilts for cutting beveled edges. You'll also need a variable-speed drill, assorted files, sandpaper, clamps, a good wood glue, and a utility knife with an assortment of blades. In addition, you may wish to invest in a hobbyist's lathe for turning legs and other details.

What materials you'll need to build your own miniatures will depend upon the type of furniture you are creating. Wood that is especially cut for making miniatures, either specialty hardwoods or plywood, is available at hobby shops. Wood dowels of all sizes are basics for table legs and room details.

For more finely carved and upholstered furniture, collect findings from pieces of jewelry to use as hardware, and fabrics with small-scale designs to use as coverings. Specialty shops can supply you with just about any type of miniature hardware and upholstery fabrics along with complete instructions and patterns for making furniture. And your local public library can provide books on miniatures.

Or, you might prefer working from kits. Several manufacturers market miniatures in kit form that you assemble and finish to your liking. All furniture styles are represented in the kits, which range from antique reproductions costing $15 and up to less expensive plastic miniatures. In either case, the type of kit you choose depends upon how you're going to use it.

Dollhouses

Dollhouses are as varied and interesting as the houses we live in. If you are fortunate enough to own an heirloom dollhouse, you may wish to make or collect furniture to fill it in grand style. You can also buy a finished dollhouse, or make your own according to plans or from precut kits.

If you would like to build your own dollhouse, start by searching for a suitable pattern at your public library or at specialty shops. In most cases, your dollhouse will consist of plywood walls, floors, and roof, and holes for windows and doors.

Obviously, you can incorporate as many details into your dollhouse as its design and your patience allow. With the windows, doors, trim, wallpaper, and floor coverings available today, you can come up with almost any style of dwelling, including a replica of your own home. Again, a good book on dollhouse construction will give you the basic instructions for building your house, which you can follow to the letter or adapt to suit yourself.

Dollhouses in kit form range from log-cabin primitive to Georgian elegance. You can spend from $20 to over $200 on a good-quality kit, and put in as much time finishing it as you like.

Dollhouse enthusiasts never feel that their creations are finished and are always adding authentic details.

Accessories and display

To give your miniature furniture pieces a finishing touch, you can choose from a wide range of miniature accessories that add scale and authenticity. Accessories such as candlesticks, plants, dinnerware, lamps, appliances, and even food are available at specialty shops and from mail-order sources.

A tiny room setting, complete with accessories, makes a charming display on a coffee table or bookshelf. Framed shadow boxes and glass-fronted cabinets are also available to show off your miniature display.

Drawing: Blazer Kimball



The Wakefield Weekend

Here's a recipe for a great weekend. Sit back, relax, and enjoy the sweet, succulent taste of Wakefield Alaska King Crabmeat. Like any good weekend, there's very little work involved – whether you whip up a simple cocktail, a sizzling saute or a sensational crab kabob. Reward yourself for working hard all week. Look for Wakefield in your grocer's freezer, and have a Wakefield weekend.



WAKEFIELD CRAB SAUTE

1 pkg. (6 oz.) Wakefield King Crabmeat
¼ c. butter
1 clove minced garlic
¼ c. chopped green onion
¼ c. dry white wine
¼ t. chopped parsley

Thaw crabmeat, save liquid. Melt butter in skillet (med. heat). Add garlic, onion, then saute. Stir in crabmeat, liquid, wine, parsley. Simmer until crabmeat is heated (about 1 min.). Serve over rice or vermicelli.

For more delicious weekends, send 25¢ to Pacific Pearl, Dept. BH-200, C-10220, 1450 114th Ave. S.E., Bellevue, WA 98004.

PACIFIC PEARL SEAFOODS, AN Amfac COMPANY

Window "headboards"

In a typical bedroom, it's more likely than not that the bed will be placed against the longest unbroken wall in the room. But that tried-and-true arrangement may not always make the most efficient and attractive use of available space. Here's an alternative. In each of these contemporary sleep spots, a window "headboard" visually anchors the bed and provides the room with a focal point as well.



Photograph: Maris/Semel. Design: Robert C. London. Source: Ruth L. Grenci



Photograph: John Rogers. Design: Jaye Skaggs, ASID. Source: Sims/Magazzine

▲ In this handsome bedroom/sitting room, the bed is tucked neatly under shuttered windows. This arrangement leaves plenty of space for a pair of comfortable armchairs on the opposite side of the room. The trim shutters reinforce the bedroom's uncluttered, tailored look and stand out in striking contrast to the dark lacquered walls. The color scheme of the walls and trim is picked up and repeated in an eye-pleasing pattern mix on the bed and chairs. A simple wall-hung shelf displays handmade pottery pieces.

◀ Here, sleek mini-slat blinds make a handsome backdrop for the contemporary platform bed. To create a niche for the bed and provide much-needed storage, the window was "framed" by built-ins and closets were added on either side of the bed. A built-in ledge at the head of the bed eliminates the need for bedside tables. In lieu of lamps, recessed overhead spots supply light for reading.

THE FOOD PROCESSOR REVOLUTION: ACT II.

In 1973 we introduced the first Cuisinart® food processor and created a revolution in the kitchen.

The DLC 7 embodies the total of all we have learned since then, including some meaningful improvements over existing food processors.

CAPACITY



The bowl has 46% more capacity than our earlier models. (It is both wider and higher.) For example, you can now make bread and other yeast recipes using up to 6 cups of flour and make three pounds of bread dough in 90 seconds.

POWER

Because the DLC 7 has a considerably stronger motor, it can handle those 6 cups of flour without any strain. The DLC 7 will allow you to process larger loads. And do it faster, too. Many recipes that formerly required multiple steps can now be done in one.

SAFETY

The DLC 7 has an extra safety switch that prevents the machine from operating when the bowl is not in position. The machine stops within 2.8 seconds when turned off because of its new quick stop mechanism.

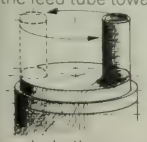
PULSE ACTION

On the front of the DLC 7 there are two very wide keys. Press the left one and the machine goes on and stays on; press the right one and the machine stops. Press the right one again and the machine goes on for as long as you hold the key down. You determine how fast to pulse.



FEED TUBE

Should the machine operate with the feed tube toward you or away from you? There are advantages to both. A remarkably incisive decision was made: make it so it works both ways. And it does.



DISCS AND BLADES



Our new slicing disc gives you larger, cleaner slices. There is less likelihood of slices breaking.

The shredding disc lets you end up with more attractive shredded food.



There is a new mixing dough blade of a rather startling stubby shape—but this new shape works much better.

In total, there are 2 discs, a chopping blade, and a dough mixing blade.

ACCESSORIES

We have many accessories that let you prepare dishes that look as if they were created by a professional chef. As just one example, we have the only true, square julienne disc.

WARRANTY

There is a full year warranty on the entire machine. The major motor parts (rotor, stator and bearings), are warranteed for 30 years of normal home use. And the warranty is not limited to the original owner.

For more information, simply write Cuisinarts, Inc., 411 West Putnam Ave., Greenwich, CT 06830.

Cuisinart®
Food Processor

Only a movie
catches the action in between!





"When my youngest put on her big show at the school gym, I knew that only a movie could catch *all* the action...not the frozen split second you get with snapshots. But, I didn't know movies could be so easy. All I had to do was pop a Kodak™ cartridge in my Sankyo, plug in the mike, aim...and shoot.

"The results were everything I'd hoped for...and then some. Sharp, clear action movies with terrific color, even though the lighting in the gym left something to be desired. And real live background sounds...including a round of applause that makes me feel good everytime I hear it. My Sankyo's set-to-green-and-go system makes everything fast, simple and automatic.

"From baby's first steps to a starring role in the school gymnastic show, Sankyo's a wonderful way to catch and keep it all. Take it from someone who knows...me!"

Moving memories are easier than ever to make...and more fun to share. Send for your free copy of "Family Movies: The Easy Way!"



There's a Sankyo for every budget ...from our EM30XL silent to our XL-320 sound. Or you can go all the way with our amazing XL-620 Supertronic.

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the movie people

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FURNISHINGS

Quaint accent pieces

When a small slice of unused space looms large in a room, you might accent the area with a piece of period-style furniture. Here are two handsome reproductions currently on the market.



▲ If you're a crossword puzzle fan or curious reader, keep your dictionary close at hand on an old-fashioned stand. This reproduction measures 38 inches high. *By Drexel.*



▲ Yesterday's muffin stand makes a charming corner accent piece today. You can use it in almost any room in your home to display treasured collectibles. *By Bernhardt.*


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Vanderbilt Children are born superstars.
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Eye-catching laundry rooms



Photograph: Fred Lyon. Design: Judi Hinkle. Source: Barbara East Cathcart

Washers and dryers used to be banished to the basement, but today they can turn up in almost any area of the house. Because of their new "status" and visibility, these functional work areas deserve some decorating attention. Here are two examples of see-worthy laundry rooms.

Once a porch, this pleasant laundry room is still a frequently used passageway between the back door and the kitchen. Simple checked wallpaper and bright paint on the paneled cupboards make the space look crisp and clean. The basket display on the walls and painted iron shelves add personality and practical storage as well. Wall-hung cabinets keep detergents and laundry solutions out of children's reach but close to the washer and dryer. There's more storage for cleaning equipment in the floor-to-ceiling closet facing the kitchen. When needed for serving and other household duties, the baskets come down from the walls. The old shaving stand is handy for quick grooming checks.



Photograph/Source: Jessie Walker Associates. Design: Georgia Maisel

This clever wall treatment is sure to chase away the washday blues. The collage, composed of posters, menus, stage bills, and what-have-you, is as easy and inexpensive as it is eye-catching. The colorful collection is simply attached to the walls and ceiling with wallpaper paste. Behind the laundry equipment, painted wooden garden flats fronted by large letters hold an assortment of plants and memorabilia. And, there's still plenty of neat, uncluttered surface space left for a functional work area.

Finally, here's a big, powerful food processor without a big price tag.

It's the incredible Le Chef Food Processor from Sunbeam.

I love to cook—whenever I can spare the time. But those recipes that call for half a day's worth of chopping, pureeing and slicing really used to intimidate me! Now, with my Le Chef, I can do those jobs in seconds. Really! And not just for entertaining, but for everyday dishes too.

What's so special about the Le Chef Food Processor? The motor is surprisingly quiet and powerful. Sunbeam calls it direct drive. I call it incredible. Le Chef easily kneads stiff yeast dough without stalling. And its super capacity container lets me prepare enough for a crowd, all at once. The Touch On/Touch Off pulse control makes for instantly regulated action, so I'm less likely to over-process foods by mistake. The Le Chef Food Processor comes with 4 processing blades and discs, for handling each job just right. The multi-purpose blade for minced onions or homemade hamburger, the shredding disc for cheddar cheese or cole slaw. The slicing disc turns out perfect, even slices of vegetables or sausage. I use the mixing blade for cake batter and desserts.

There's even a handy spatula and a complete 64-page recipe book included.



Le Chef, the amazing, indispensable food processor for everything from apple pancakes to zucchini. From my favorite appliance company. Who else but Sunbeam.

Sunbeam

Love their quality!
Shirley Jones

Sunbeam Appliance Company, a division of Sunbeam Corporation ℗Sunbeam ™Le Chef ©Sunbeam Corporation, 1978

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Fashion by SAZ. Jewelry by Esther Gallant



Wear a Max today.

Long, lean, all-white, tasteful. Max 120s.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health

17 mg. "tar," 1.3 mg. nicotine av. per cigarette, FTC Report May 1978.

COUNTRY

FOUR GREAT LOOKS YOU'LL LIKE

By Shirley Van Zante, Laurel Lund, and Robert E. Dittmer

Why in this modern age of space technology and computer science should the simple furniture, tools, and handcrafts of an earlier time hold such appeal? Perhaps it's because "country style" furnishings have become synonymous with a way of life that's casual, comfortable, and totally uncomplicated.

These simple furnishings hail from many countries. We've chosen to highlight pieces of American, English, and French heritage, but all country furniture has some common characteristics. It is purely functional in design: sturdy, simple, and straightforward. The styles were adapted from the furniture of the aristocracy. And the pieces were handcrafted from materials indigenous to the countryside.

Rushes and grasses were woven into chair seats and baskets. Fabrics were homespun and handwoven, tinted with rich earthy colors gleaned from the juice of barks and berries gathered in the countryside. The fields yielded stone for the hearth and slate for the floor. Rough plaster and brick provided insulation, while hand-hewn timbers supported crude roofs.

On the following pages, we'll show you four great country looks we think you'll like. Depending on the style you choose, you too can create surroundings as dignified as a country manor, or as delightfully down-home as a country cottage.











Photographs: *Top*, Bill Helms. *Others*, Jim Hedrich, Hedrich-Blessing. Type design: Tim Girvin

COUNTRY AMERICAN



Photographs Rapt Jaroudrich Hedron-Blessing Design Pat Payne ASID Source Estelle Bond Gundrick Opposite Jesse Walker Design Mr & Mrs Roger Simpson





Just what makes a country American room so warm and inviting? Put simply, it's a mix of natural materials and functional, unadorned furniture—spiced with a few timeworn relics from a more peaceful age.

In the cottages of the new American colonies, much of the furniture was handcrafted from native oak or pine.

Accessories as we know them were scarce. Instead, each home was personalized with everyday household utensils of copper and wrought iron, and cookware of crude wood and clay.

For color, homespun linens and cottons were dyed or hand painted. Patterned quilts and braided rugs crafted by frugal homemakers from sewing basket scraps were both decorative and practical.

This country-inspired living room, *left,* derives its charm from a blend of authentic antiques and contemporary adaptations. The simple styling of the roll-arm sofa and reproduction wing chair, upholstered in a documentary print, is completely compatible with furnishings from an earlier era.

Elsewhere in the room, the spirit of country America prevails. A rustic unfinished pine corner cabinet dating from the early 1800s provides storage space.

Near the wing chair, a time-worn apothecary chest does double duty as a storage cabinet/end table. The coffee table, now topped with glass, was once a child's bed.

Country styling and collectibles go hand in hand. This grouping of American primitives and old toys, lovingly gathered through the years, personalizes the scheme.

In the inviting dining room, *above,* the roughhewn, white-washed paneling is an adaptation of walls found in the homes of affluent American colonists. Near the hearth, comfortable ladder-back chairs with rush seats pull up to a rustic version of a plank-top trestle table.

Buying information, page 244

COUNTRY ENGLISH



Photographs: Harry Harrison. Design: Joseph Rule. Source: Bonnie Maharam. *Opposite*, Jim Hedrich. Hedrich-Blessing. Location: Deerpath Inn. Source: Jessie Walker Associates.





Country furnishings with an English accent run the gamut from robust to refined. Early English furniture is solidly built of dark stained oak, with thick turnings and bulbous legs. Chairs are heavy and masculine, often upholstered in leather and trimmed in nailheads. In contrast, later furniture pieces are often countrified versions of Queen Anne and Chippendale styles.

This living area, *left*, might have been transplanted from an old country manor house. White plank paneling below the dado is topped by lemon yellow walls—a delightful contrast to the dark oak furniture. An old Welsh dresser displays plates and pewter, the poor man's silver.

A trim contemporary sofa combines with a collection of antique and reproduction chairs for comfortable seating. Although the pair of chairs with bobbin-turned legs and plaid upholstery look rural English, they are of present-day design.

In the sitting room, *above*, architectural details—like the diamond-paned windows, hand-hewn ceiling beams, flagstone hearth, and slate floor—help capture a country English mood.

Seating pieces include a wing-back chair (once used to ward off drafts by the fire) and an oak corner chair (originally made to accommodate voluminous skirts and flaring coattails).

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COUNTRY FRENCH



Photographer: Jon Nesbitt. Interior Designer: Source: Estelle Bond Gimmick Design *Right*, and opposite *below*. Carol Carver. *Opposite above*. Suzy Taylor, ASID



The fragile tables and curlicued chairs that filled the French king's court were obviously designed for show. But the furniture of the French countryside was built for practicality.

Provincial French pieces had all the warmth and appeal of rural American and English furniture, but it were more fanciful in design. The graceful cabriole (S-curved) leg, adapted from furniture designed for the court of Louis XV, was modified to support simple chests, chairs, and tables. Furniture was often painted to conceal the mix of woods used to make it. Accessories included collections of French *faience* (colorful glazed pottery) and tole (painted tin).

This modern-day living room, *left*, captures all of the charm of the French countryside. Mellow hardwood plank floors offset the salmon-painted *boiserie* (carved wood paneling). A *bombé* chest in honey-toned pine typifies the graceful curving lines associated with fine French styling.

The French flair for mixing patterns is evident in the cozy sitting room, *top right*. Color accents in the room are repeated by a bevy of pillows in provincial prints on the painted daybed.

In the dining area, *bottom right*, the furnishings are elegant yet unpretentious. The ceramic tile floor, painted wrought-iron chandelier, and hourglass-tied curtains provide a provincial backdrop for the slat-back chairs and dining table—adaptations of 17th-century French designs.

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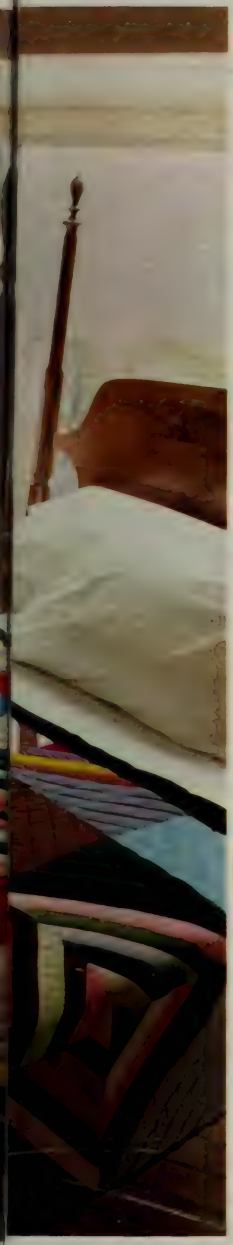




COUNTRY MIX



Photographs: Jim Hedrich, Hedrich-Blessing. Design: Suzy Taylor, ASID. Source: Estelle Bond Guralnick





Contradictory as it may sound, you can come home to the comfortable country look even when you live in contemporary surroundings.

By adding just a piece or two of provincial furniture to these modern-day settings, we've created a mellow country mood without detracting from the architecture. That's because contemporary and country-inspired furnishings are highly compatible. Both styles reflect purity of line, efficient use of raw materials, and simplicity of styling.

To create the warmth of a provincial cottage in your own home, you needn't fill a room with costly antiques or one-of-a-kind reproductions. In this delightful bedroom, *left*, furnishings made by today's manufacturers add a distinctive country flavor. A four-poster gets added charm from a multicolored quilt—a stylized version of colonial patchworks pieced together by pioneer women. A handsome pine chest stores clothing. Nearby is a banister-back chair.

The relax-in room *above* should appeal to city slickers and country folk alike. Wall-to-wall carpet in a flagstone pattern teams up with pine paneling to provide a countrified background for a contemporary modular sofa. The rocking chair, a uniquely American innovation, pulls up for added seating.

Buying information, page 244

A CHOIR OF Angels TO STITCH AND STUFF

BY NANCY LINDEMEYER AND DEBORAH DUGAN

Capture the special magic of Christmas by creating a joyous band of fabric angels. Our set of 11 musicians includes ten 7½-inch-high angels and a majestic angel in flight *(see below)* measuring 12 inches in length—ideal for treetop trimming. You can embellish them with sequins, beads, and embroidery, paint them, or leave them as is. Once stitched and stuffed, the celestial band can be used dozens of ways—as glittery ornaments, elegant package trims, party gifts, or sachets filled with sweet-smelling potpourri. Share the angels with friends and make a special keepsake set for your family to treasure.

For patterns and tips on adorning our angel choir, see page 258.

To order a set of preprinted fabric angels, turn to page 286.





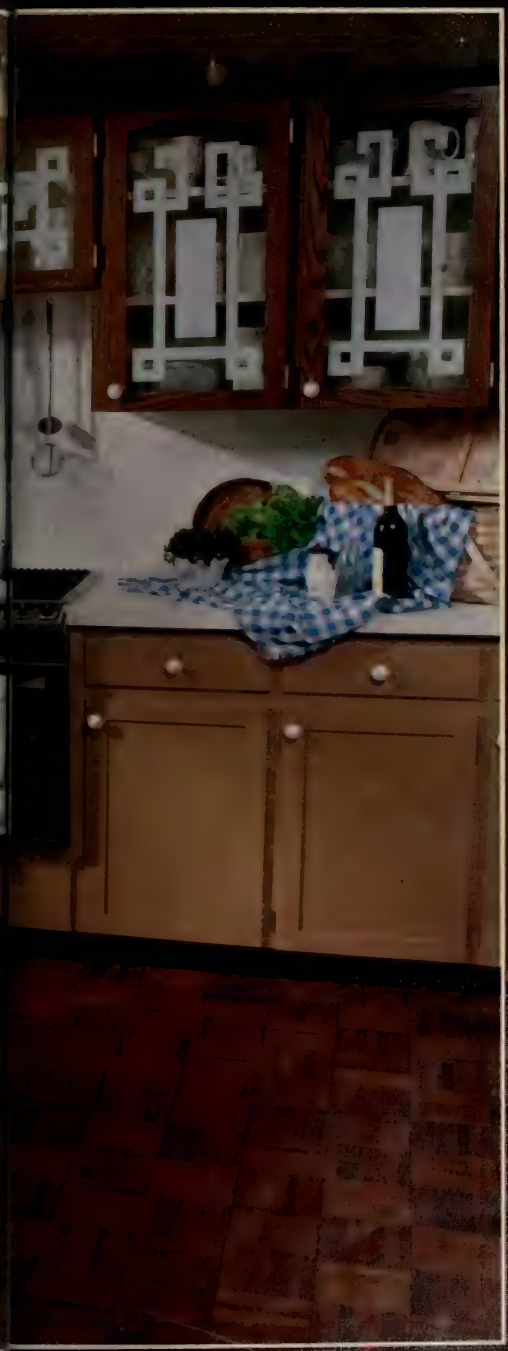


Designs: Janet McCaffery. Photographs: William Hopkins





1



Design: The Design Concern, Linda Joan Smith. Photographs: William Hopkins

How to give your cabinets a face-lift...

By Joan McCloskey and Linda Joan Smith

Just by giving your cabinets new faces, you can revitalize your whole kitchen. To prove the point, we've taken one rather pedestrian kitchen *(photo below)* and made it something special. We began by converting the cabinets, but once we got going we couldn't stop. Following this complete kitchen makeover are six alternative treatments in which cabinet conversions are the key.



1...with "etched" glass and oak

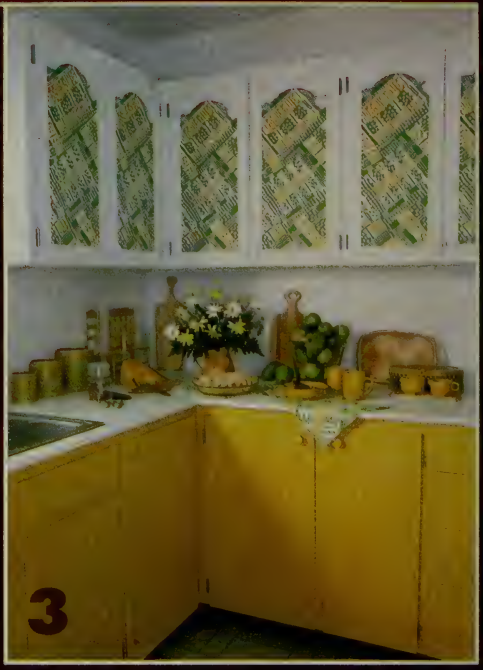
Here's how to "etch" the back side of each glass panel. Tape the glass, leaving only the area to be etched showing, and spray it lightly and evenly with white spray paint. When the paint is dry, remove the tape. Design your own pattern, or try a variation of the one shown here. Ours was laid out on a one-inch grid.

Build the door frames from ¾x2-inch oak lumber. Use half-lap joints at the corners and rabbet ⅜x½-inch around the inside inner edge of each frame. Secure the "etched" panels in this recess with ¼-inch quarter-round molding, mitered at each corner and fastened with ½-inch brads. Laminate ⅛-inch oak plywood to the trim and end panels of the upper cabinets for a quick and inexpensive way to achieve the look of solid oak. To install cabinet doors: Cut a ⅜-inch-deep rabbet along the outer edges of the back side of the doors, then set them into the cabinets and attach with ⅜-inch offset hinges.

With the help of a door trim kit for the dishwasher front, we were able to paint the entire lower bank of cabinets to blend with the oak above. We also installed a new window above the small existing one, and added oak parquet flooring to match the new cabinetry. The original door hardware, laminate counter top, and major appliances remain.

Buying information, page 244


2


3


5


6





How to give your cabinets a face-lift...

2...with a white lattice "fence"

Make the "fence" with ⅛x2-inch lattice strips painted a crisp white. Arrange them on your brightly painted doors and attach with glue and brads. Alter the spacing of the strips to accommodate different door sizes. (Note how we changed the spacing of our pattern on the far right door.) We chose a spring green laminate and black-strap hardware to carry out the garden fence idea.

3...with fabric-paneled doors

Cover conventional slab doors with waterproofed fabric or washable wallpaper. Use wallpaper paste for adhesive. Top the covering with cutout panels of ¼-inch hardboard painted to match. The counter and backsplash in this kitchen are covered with good-looking Corian (simulated marble).

4...with wood and smoked glass

Build the upper doors of ¾-inch birch. Cut the arched openings and attach panels of ¼-inch smoked glass or acrylic to the backs of the doors with L-shaped mirror brackets. You may need to cut back your cabinet shelves to make room for the glass. We laminated all the trim and lower cabinets with ⅛-inch birch plywood. (See Kitchen #1 for cabinet door installation how-to.) Choose a natural-looking tile to blend with the wood.

5...with pull-down canvas shades

Replace the upper cabinet doors with pull shades that are eight inches longer and ¼ inch narrower than the cabinet openings. We made our own shades with lightweight canvas, then ran ¾-inch dowels through the shade bottoms and cut out conventional handholds. The lower cabinet and drawer pulls are four-inch-long pieces of one-inch dowel flattened along the back side and attached with screws from the back. We brightened this basically neutral kitchen with practical ceramic tile.

6...with natural knotty pine

Build cabinet doors of ¾-inch pine boards, beveled on the front vertical edges to form V-grooves when joined. Use a ¼-inch dado head to cut a ⅜-inch-deep dado into the adjoining edge of each board, stopping 1½ inches short of the board ends. Join boards with glue and ¼-inch-thick plywood splines. Nail ½-inch brads into the splines from the backs of the doors. Prepare the doors for installation (see Kitchen #1), then glue and screw 1x2 pine cleats across the back for reinforcement. We chose a deep brown laminate for the counter and backsplash to set off the pine. You can make or buy the chunky wooden trowel handles, or use conventional black-strap hardware.

7...with bold accent stripes

Add a graphic stripe to slab or metal doors with two colors of paint. Paint the red accent stripes last. To get a clean, sharp edge, use painter's masking tape and a small can of spray paint. The red plastic laminate on the counter brings out the red stripe above and below.



STEP BY STEP TO

Creative Candy Making

Photographs: Messiv/Sanders. Food Stylist: Bonnie Rabert

By Marlene Brown

For generations, delectable sweets like old-fashioned divinity and fudge have been an indispensable part of the holidays. Trouble is, most of us leave all of the fun of making these confections the traditional way to our mothers and grandmothers, in the mistaken notion that there's some sort of mystique involved. Though the transformation of a few simple ingredients to melt-in-your-mouth candies is something akin to magic, you can make it happen with everyday elbow grease plus our easy step-by-step instructions.

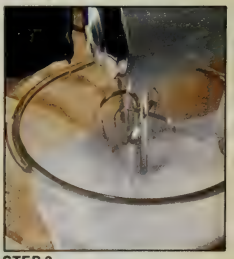
And, since you can never have too much of a good thing, we've invented some irresistible contemporary variations on old-fashioned divinity and fudge that you can make from the two basic recipes. We've also included some troubleshooting tips and guidelines, with step-by-step photos to help you monitor the candy-making process like a pro. Grandma should be so lucky!



STEP 1



STEP 2



STEP 3



STEP 4



STEP 5

LIGHT-AS-AIR DIVINITY

Surprisingly, divinity is nothing more than cooked egg whites and sugar. The candy gets its fluffy quality from the air you beat into it. To ensure success, start with a heavy-gauge 2-quart saucepan and a reliable candy thermometer that clips to the pan. Most importantly, be aware that when the proper cooking temperature and beating stages are reached, the candy doesn't wait for you. Be prepared for each step of the recipe by first reading it through and having your ingredients and equipment ready. For more helpful hints, refer to Divinity-making tips, page 181.

Recipe variations begin on page 181.

Buying information, page 244

BASIC DIVINITY

- **2½ cups sugar**
- **½ cup light corn syrup**
- **½ cup water**
- **¼ teaspoon salt**
- **2 egg whites**
- **1 teaspoon vanilla**
- **¾ cup chopped candied fruit *or* dried fruit (optional)**
- **½ cup chopped nuts (optional)**

Step 1

In heavy 2-quart saucepan stir together sugar, corn syrup, water, and salt. Clip candy thermometer to side of pan. Cook and stir over medium-high heat till sugar dissolves. Avoid splashing syrup on sides of pan.

Step 2

Cook, *without stirring*, to 260° or hard-ball stage (a few drops of syrup, dropped into cold water, forms a hard ball when removed from the water). Remove from heat. Immediately, in large bowl, beat egg whites at high speed of electric mixer to stiff peaks (tips stand straight).

Step 3

Remove the thermometer; *gradually* pour hot syrup in a thin stream over egg whites, beating at high speed. Add syrup *slowly* to ensure proper blending.

Step 4

Add vanilla and a few drops *food coloring*, if desired; beat at high speed for 4 to 5 minutes till candy holds its shape when beaters are lifted (mixture falls in a ribbon, but mounds on itself).

Step 5

If candy is beaten enough, mixture will stay mounded in a soft shape when a spoonful is dropped onto waxed paper *(photo #5, center)*. If mixture flattens out *(left)*, beat ½ to 1 minute more. The mixture is overbeaten if it is stiff to spoon and surface is rough *(right)*. If mixture is too stiff, beat in hot water, a few drops at a time, till candy is a softer consistency.

Step 6

When candy holds its shape, stir in fruits and nuts, if desired; *quickly* drop candy by teaspoonfuls onto waxed paper, or follow one of the shaping variations below. Garnish with fruit or chopped nuts, if desired. Cool; store tightly covered. Makes 40 pieces.

Shaping variations

Garnish with chopped nuts, candied fruit, coconut, or decorative candies.

Bonbons—Drop by spoonfuls or pipe into bonbon cups.

Cutouts—Spread candy in an 8x8x2-inch pan *or* a 10x6x2-inch pan; cool and cut into squares or diamonds, or cut shapes with small cookie or canapé cutters.

Logs—Shape mixture into two 13-inch rolls with buttered fingers; roll in finely chopped nuts, coconut, or crushed peppermint candy. Slice crosswise about ⅜ inch thick.

◀ **Left: Our simple variations, clockwise from front, left are: Springerle Divinity, pastel pink Basic Divinity, Pinwheel Mint Divinity,** and mounds of **Plantation Divinity.** In the dish: two-layered **Black-bottom Divinty** *(front)*, **Basic Divinity,** cut in squares *(left)*, and coconutty **Pineapple Divinity** *(right)*.

Creative Candy Making

FABULOUS FUDGE

If you've never made traditional fudge, you'll be amazed at how easily it goes together. The secrets to success are to keep an eye on the temperature during cooking and on the consistency of the mixture during beating.

For more helpful hints, turn to the Fudge-making tips, page 183.

Recipe variations begin on page 184.

Buying information, page 244

BASIC FUDGE

Butter *or* margarine
2 cups sugar
¾ cup milk
2 squares (2 ounces) unsweetened chocolate
1 tablespoon light corn syrup
Dash salt

• • •

2 tablespoons butter *or* margarine
1 teaspoon vanilla
¾ cup chopped candied fruit *or* dried fruit (optional)
½ cup chopped nuts (optional)

Step 1

Lightly grease the bottom and sides of an 8x8x2-inch pan with butter or margarine, or if thicker fudge is desired, a 9x5x3-inch pan. Butter the sides of a heavy-gauge 2-quart saucepan. Clip candy thermometer to side of pan. In saucepan stir together the sugar, milk, chocolate, corn syrup, and salt. Cook and stir over medium heat till the sugar is dissolved and mixture begins to boil. Stir gently to avoid splashing syrup on sides of pan, which causes candy to become grainy. The mixture will begin to bubble vigorously and will rise close to the pan rim. Use medium rather than high heat to prevent the mixture from sticking or boiling over.

Step 2

Continue cooking the mixture, *stirring only as necessary to prevent sticking,* to 234° or soft-ball stage (a few drops of the mixture, dropped from a teaspoon into cold water, form a soft ball that flattens when removed from the water). Watch closely; the temperature rises quickly above 220°.

Step 3

Immediately remove pan from heat; add the 2 tablespoons butter or margarine but *do not stir.* Cool mixture, without stirring or moving pan, till thermometer registers 110°, or till the bottom of the pan feels comfortably warm to the touch. Stirring or moving the mixture can result in coarse, grainy candy.

Step 4

Remove thermometer. Stir in vanilla; beat mixture by hand with a wooden spoon, lifting candy with an up-and-over motion, till mixture becomes thick, starts to lose its gloss, and doesn't stream back into the pan when the spoon is lifted (or, till a small amount of the mixture holds its shape when dropped onto waxed paper). Do not use an electric mixer.

Step 5

Immediately stir in fruit and nuts, if desired. *Quickly* pour mixture into prepared pan, or follow one of the shaping variations below. Do not scrape pan, as the scrapings will have a less creamy texture. Decorate with additional chopped nuts or nut halves, if desired. Score lightly in squares with sharp knife; cool. Cut into squares. Store tightly covered in a cool place. Do not chill in refrigerator. Makes about 1¼ pounds.

Shaping variations

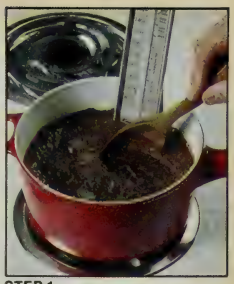
Balls—Shape mixture into 1-inch balls; while warm, roll in finely chopped nuts, grated coconut, or crushed peppermint candies.

Molded—Oil small individual molds or sheet molds; press fudge into molds. Unmold, using wooden picks to loosen corners; allow candies to set on waxed paper.

Cutouts—Spread fudge ½ inch thick on a buttered cookie sheet or waxed paper; cut into shapes with small canapé or cookie cutters. Garnish with canned decorator frosting or small decorative candies, if desired.

Ring—Generously butter a 2-cup ring mold; sprinkle with 3 tablespoons chopped nuts or finely crushed peppermint candies. Turn fudge into mold; cool. Loosen sides with a narrow metal spatula. Unmold onto plate; slice.

Log—Shape fudge into log with buttered fingers; roll in chopped nuts, coconut, or crushed peppermint candies. Cool; cut into ⅜-inch slices.



STEP 1



STEP 2



STEP 3



STEP 4



STEP 5

◂ Left: Fudge variations, clockwise from front, left are: molded Basic Fudge, blonde Coffee Penuche, Four-layer Mint Fudge, cracker-based Fudge S'Mores, Peanut Butter Marble Fudge, coconut-topped **German Chocolate Fudge,** petit-fours-like **Fudge-almond Bonbons; Brandy Fudge Balls.**

How to build a WEEKEND OF GREAT MEALS

By Marlene Brown

When you're faced with the prospect of entertaining guests for a weekend or planning a week's worth of family meals, do you resign yourself to kitchen duty for the duration? We've got a workable alternative—a meal plan with built-in carry-over foods that give you a head start on each meal. To demonstrate, our weekend plan includes Friday's dinner, Saturday's breakfast, Saturday's dinner, and brunch on Sunday. The foods that star on Friday's menu become the basis for some fabulous spin-offs that you feature in Saturday's meals—and the pattern continues. Some of the foods you serve for Saturday's breakfast will give you a running start on Saturday's dinner, and so on. This carry-over kind of cooking also works for family/guest dinners during the week. Each meal adequately serves four to six people, and you'll have enough surplus food to create new dishes for the rest of the meal plan. Plus, you'll find that each part of our functional menu stands equally well on its own.

Friday Dinner...

...is a feast that includes Marinated Shrimp and Artichoke Hearts, Mediterranean Stroganoff on Turmeric Rice, Bok Choy Walnut Salad, and a Rum 'n Coffee Cream dessert with Cinnamon Diamonds.

The best thing about our Friday dinner menu—and all these weekend menus—is that it's designed to put time on your side. Our extra-special menu, pictured opposite, is planned so you can work ahead, without missing a word of the conversation. Break the ice with ***Marinated Shrimp and Artichoke Hearts*** *(center right)*, a sophisticated appetizer that reappears as an extraordinary side dish at Saturday's breakfast, and again as a cool salad for Sunday brunch. You can [illegible] the vegetables ahead for superb ***Mediterranean Stroganoff*** *(front)*, a meatless version of the classic. Serve it surrounded by ***Turmeric Rice*** *(on platter)*. Withhold some of the stroganoff to start tomorrow's breakfast entrée, and part of the rice for Saturday night's unusual appetizer soup. Oriental ***Bok Choy Walnut Salad*** *(back right)* complements the rich main dish. The sparkling dressing contains honey, soy sauce, and sesame seed. ***Rum 'n Coffee Cream*** *(back left)* is an on-the-spot dessert you can whip up in front of your guests; serve it with ***Cinnamon Diamonds*** *(alongside)*. Both of these desserts will reappear in our weekend plan—but we defy you to recognize them!

Recipes begin on page 194.
Buying information, page 244





Saturday Breakfast...

. . . features Garden Frittata Parmesan made from Friday's stroganoff, Marinated Shrimp and Artichoke Hearts reappearing as a side dish, and Rum Café au Lait spun off last night's dessert, plus Honey Fruit Compote and Coconut Biscuits.

There's no need to get up with the sun on Saturday to prepare our hearty breakfast. The foods you've held over from Friday evening's repast will provide the basis for some of the morning feast. What's more, some of this hearty breakfast will help to kick off dinner later—everything you'll need is built into our add-on plan.

Even if some of your guests aren't breakfast eaters, they're sure to make an exception for this eye-opening spread. ***Garden Frittata Parmesan*** *(front)* is a delicious open-face omelet richly flavored with some reserved stroganoff. Serve it in wedges right from the skillet. For accompaniment, serve some of the ***Marinated Shrimp and Artichoke Hearts*** *(left front),* this time on lettuce and graced with caviar.

Let your guests help produce the easy ***Drop Coconut Biscuits*** *(back left).* You won't have to bother rolling the biscuits—just spoon the dough onto a cookie sheet and bake. Honey and orange juice sweeten mandarin oranges, pineapple, grapes, and kiwi for quick ***Honey Fruit Compote*** *(center).* Tonight, this winter fruit medley will enhance the entrée. From some of last night's rum-ice cream dessert, embellish the morning coffee for ***Rum Café au Lait*** *(back right).*

Recipes begin on page 194.
Buying information, page 244



Saturday Dinner...

. . . includes Sizzling Turmeric Rice Soup made from Friday's rice, Bacon-stuffed Pork with a Mandarin Fruit Sauce adapted from the breakfast fruit compote, Basil Scalloped Potatoes and Steamed Cabbage with Mustard Butter, plus Eggnog Custard Pie with a crust that starts from Friday's cookies.

With the carry-over foods we built into both Friday's dinner and Saturday's breakfast, you already have the basis for three of the dishes on tonight's dinner menu. Remember the Turmeric Rice you served with Friday's stroganoff? Your guests won't, when you start Saturday's dinner off with ***Sizzling Turmeric Rice Soup*** *(center right).* You shape the rice into patties and fry them, then slip them into bubbling chicken broth and listen to them sizzle! ***Bacon-stuffed Pork with Mandarin Fruit Sauce*** *(back left)* boasts a glossy sauce that's this morning's compote revisited. The boneless rolled pork roast is a cinch to slice and serve at table. You can bake the ***Basil Scalloped Potatoes*** *(front right)* in their creamy sauce at the same time as the roast. (Reserve some of the roast and the potatoes—they'll be great beginnings for two new editions to come on the Sunday brunch menu.) ***Steamed Cabbage with Mustard Butter*** *(front left)* proves that cabbage can be classy when it's dressed up with a spunky mustard-flavored butter. And, for a glamorous finale, Friday's dessert cookies return incognito as the crumb crust for whipped cream-latticed ***Eggnog Custard Pie*** *(back right).*

Recipes begin on page 194.
Buying information, page 244



Sunday Brunch...

. . . features Green Potato Soup derived from last night's potato side dish, Pork-filled Gougère recycled from Saturday's pork, Marinated Shrimp and Artichoke Hearts returning as a salad, plus Cranberry Apple Crisp dessert.

Sunday morning brunches are meant to be leisurely affairs that tie breakfast and lunch together in an especially enjoyable way. This brunch is all of that and more, because it's also the final installment in our weekend plan of carry-over cooking.

Remember we promised you dividends from the scalloped potatoes and the pork roast you served for Saturday night's dinner? Those scalloped potatoes are pureed in the blender with spinach and a white sauce for hearty ***Green Potato Soup*** *(back right).* Serve it dressed with sour cream and dill. That succulent pork roast undergoes an impressive metamorphosis in the ***Pork-filled Gougère*** *(front right).* "Gougère" is just a fancy name for the cheesy cream puff base that you stir together in a saucepan. The spreadable dough makes a sturdy nest for the pork filling embellished with savory onion, green pepper, garlic, wine, and tomato sauce.

The last of the ***Marinated Shrimp and Artichoke Hearts*** *(front left)* is now a salad in individual lettuce cups. And, a super-quick topper of crunchy granola cereal and coconut crowns ***Cranberry Apple Crisp*** *(back left).* Bake it along with the gougère, then let it cool to a heartwarming temperature while you serve the main course.

Recipes begin on page 194.
Buying information, page 244



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begins on page 170

Creative candy making

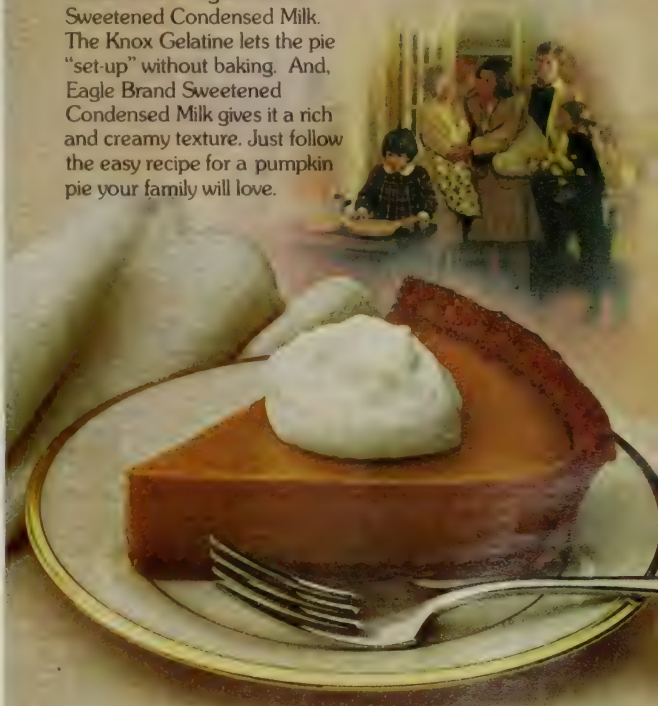
Divinity-making tips

- Humidity affects the cooking of candy, so plan to make divinity on a relatively dry day. If you have to make candy on a rainy or humid day, cook the candy 2° higher than called for in the recipe.
- Allow the egg whites to come to room temperature before you begin. That way, they'll whip up to their maximum volume.
- A candy thermometer is by far the most accurate way to determine the correct stage of cooking. Check the accuracy of the thermometer each time it is used by placing it in boiling water. If the thermometer registers above or below 212°, add or subtract the same number of degrees from the recipe temperature, and cook to that temperature. For example, if the thermometer reads 210°, cook the candy 2° *higher* than the recipe temperature. If the thermometer reads 213°, you would need to cook the candy 1° *less* than the recipe states.
- When cooking candy, make sure the thermometer bulb is completely covered in the boiling liquid, and doesn't touch the bottom of the pan. Read the thermometer at eye level.
- Stir the sugar mixture carefully to avoid splashing syrup on the sides of the pan, which can result in candy with a grainy texture.
- When you're adding the hot syrup to the beaten egg whites, be sure to add it slowly. Added too quickly, the syrup will cook the egg whites too fast and the mixture will not blend smoothly.
- Work quickly when you shape the candy—if it becomes too stiff to spoon, beat in a few drops of hot water.
- Divinity doesn't keep well when it's exposed to air. Store the candy in an airtight container lined with waxed paper or clear plastic wrap. Or, freeze the candy, tightly wrapped, in moisture-vaporproof material.
- Never double the candy recipe when you're making divinity—the mixture will not cook properly, and will be too much for your mixer to handle.

continued

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No-Bake Pumpkin Pie

(Makes one 9-inch pie)

- 1 (9-inch) graham cracker crumb crust
- 1 envelope Knox® Unflavored Gelatine
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated)
- 2 eggs, well beaten
- 1 (16-ounce) can pumpkin (about 2 cups)

In heavy medium saucepan, combine unflavored gelatine, cinnamon, ginger, nutmeg and salt; stir in sweetened condensed milk and eggs. Mix well. Let stand 1 minute. Over low heat, cook and stir constantly until gelatine dissolves and mixture thickens slightly, about 10 minutes. Remove from heat. Stir in pumpkin; mix well. Pour into prepared crust. Chill 3 hours or until set. Garnish as desired. Refrigerate leftovers.

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continued

Creative candy making

Divinity variations

SPRINGERLE DIVINITY

To use all of the candy, you can reroll the scraps after cutting out your first batch of designs—

Sprinkle a pastry cloth or towel lightly with *powdered sugar*. Prepare **Basic Divinity** (page 171) substituting 2 drops *anise oil* for the extract, and omitting nut and fruit options. When candy holds its shape, quickly turn onto dusted cloth. Roll divinity to a 12x12-inch square (about ¼ inch thick). Dust springerle board or springerle rolling pin with *powdered sugar;* roll or press candy, using firm pressure to make clear designs.

With a sharp knife or cookie cutter, cut out candy along lines formed by board or rolling pin. Reroll any trimmings. Store candy tightly covered. Makes about 36 pieces.



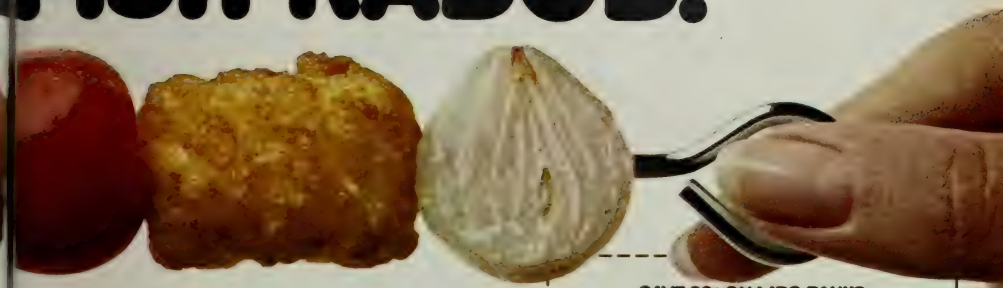
PINWHEEL MINT DIVINITY

Like buttermints, this candy melts in your mouth—

Sprinkle two pastry cloths or waxed paper with *powdered sugar*. Prepare **Basic Divinity** (page 171) using ½ teaspoon *peppermint extract* and omitting fruit and nut options. When candy holds its shape, turn *half* of the mixture onto dusted pastry cloth or waxed paper. Quickly roll candy to a 13-inch square, about ⅛ inch thick. Tint remaining divinity pastel with a few drops *green food coloring*. Repeat rolling as above with remaining divinity; invert one square over the other, pressing together lightly. Cut stacked squares in half to make two sets of stacks. Quickly roll up each piece from the long side, jelly-roll fashion, pressing to seal edge. Slice crosswise, about ⅜ inch thick as needed. Store tightly wrapped. Makes about 60 pieces.



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PLANTATION DIVINITY

Pecans or walnuts are also good nut options in this maple-flavored Southern variation—

Prepare **Basic Divinity** (page 171) substituting *dark corn syrup* for the light corn syrup and using 1 teaspoon *maple flavoring;* stir in ½ cup coarsely chopped *black walnuts* and ¾ cup chopped *dried figs* for the nut and fruit options. Drop by rounded teaspoonfuls onto waxed paper. Store tightly covered. Makes about 45 pieces.

BLACK-BOTTOM DIVINITY

Try using ½ teaspoon almond, coconut, or peppermint extract in the divinity candy layer to complement the chocolate bottom layer—

Line a 9x9x2-inch pan with foil, overlapping pan edges. Place two 8-ounce bars *milk chocolate* side by side in bottom of pan.

Prepare **Basic Divinity** (page 171) using desired extract and nuts; omit fruit option. Quickly spread divinity over chocolate bar layer in pan. Sprinkle with *small decorative chocolate candies,* if desired, pressing in lightly with hands. Cool. Remove from pan by lifting out foil; cut candy into 1-inch squares. Store candy tightly covered. Makes about 80 pieces.

PINEAPPLE DIVINITY

Line an 8x8x2-inch pan with foil, overlapping edges. Grease foil generously with *butter* or *margarine.* Prepare **Basic Divinity** (page 171) using ½ teaspoon *coconut extract* and stirring in ½ cup chopped *macadamia nuts* or *hazelnuts* and ½ cup chopped *candied pineapple* for the nut and fruit options. Quickly spread divinity in foil-lined pan; cool. Remove from pan by lifting out foil; cut candy into small squares or diamonds. Place candy pieces on a wire rack over waxed paper.

In a medium bowl combine 2 cups sifted *powdered sugar,* 1 teaspoon finely shredded *lemon peel,* and 4 to 5 tablespoons *milk* to make of glazing consistency. If desired, add 3 to 4 drops *yellow food coloring* to make a pastel shade. Spoon glaze over divinity pieces to cover; sprinkle with *toasted shredded coconut.* Let stand to dry glaze.



Store tightly covered. Makes 48 pieces.

Fudge-making tips

- Be sure that all of the sugar in the boiling mixture is completely dissolved. Any undissolved sugar will give fudge an undesirable grainy texture.
- Use an accurate candy thermometer for best results (see **Divinity-making tips,** page 181).

continued

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Uncle Ben's secret combination
of two rices and 23 herbs and seasonings.

continued

Creative candy making

- When cooling the fudge to 110°, let the mixture stand undisturbed. At this stage, the mixture is very sensitive to moving, jarring, or stirring, which can make the candy coarse and grainy.
- A wooden spoon is the ideal tool for beating fudge—*do not* use a mixer, as the mixture will overtax the mixer motor. Beat vigorously by hand with an up-and-over motion.
- Check the consistency of the fudge frequently during beating. As soon as the mixture feels thick, lift the spoon out. If the fudge "hangs" from the spoon without streaming back into the pan, it's ready to pour out.
- If you've beaten the fudge too long, you won't be able to pour it out. Scrape it out of the pan and knead it with your fingers. Shape it into a log, or roll into 1-inch balls.
- If fudge doesn't set, stir in an additional ¼ cup *cold milk,* and repeat steps 2, 3, and 4 of the recipe. Do not add more butter or vanilla.
- Never try to double the recipe—the candy will not cook properly and beating the mixture will be difficult.

Fudge variations

COFFEE PENUCHE

Penuche, or brown sugar fudge, is a fudge without chocolate, but it has the same creamy texture and richness of its chocolate counterpart—

Prepare **Basic Fudge** (page 173) except: reduce *granulated sugar* to 1½ cups, add 1 cup packed *brown sugar* and 1 tablespoon *instant coffee crystals* with granulated sugar, omit chocolate, and omit fruit and nut options. Spread beaten mixture in a buttered 9x5x3-inch loaf pan; sprinkle ½ cup *toasted sliced almonds* atop warm candy; press in lightly with hands. Cool; cut into squares. Store tightly covered. Makes 40 pieces.

FOUR-LAYER MINT FUDGE

If you don't have crème de menthe on hand, you can substitute 2 tablespoons milk, ½ to 1 teaspoon peppermint extract, and a few drops green food coloring in the powdered sugar mixture—

continued



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continued

Creative candy making

Prepare **Basic Fudge** (page 173) omitting the fruit and nut options. While fudge is cooling to 110°, prepare mint layer: In a small mixer bowl beat ¼ cup *butter* or *margarine* on high speed of electric mixer till fluffy. Gradually beat in 2¼ cups sifted *powdered sugar* alternately with 2 tablespoons *green crème de menthe;* beat till smooth. Cover; set aside.

Pour beaten fudge onto a square of foil or waxed paper. With a buttered rolling pin quickly roll fudge to a 12x10-inch rectangle. When the fudge begins to set, spread *half* of the mint mixture evenly over *half* of the fudge. Using foil or paper to lift fudge, invert plain fudge over mint-covered fudge; carefully peel off foil or paper. Spread remaining mint mixture over top fudge



layer. Refrigerate till firm; cut into 2x½-inch sticks with a sharp knife. Store tightly covered in a cool place. Makes about 1¾ pounds.

FUDGE S'MORES

It's important to spread the beaten fudge quickly over the graham cracker-marshmallow layer—

Place 9 *graham crackers* in the bottom of a foil-lined 8x8x2-inch pan, cutting crackers if necessary to fit. Sprinkle 1 cup *tiny marshmallows* evenly over crackers.

Prepare **Basic Fudge** (page 173), omitting fruit and nut options. Quickly pour beaten fudge evenly over marshmallow layer, spreading to cover completely. Sprinkle ½ cup chopped *walnuts* atop, pressing in with hands. Score; cut into squares when cool. Store tightly covered in a cool place. Makes 36 pieces.

PEANUT BUTTER MARBLE FUDGE

Kids of all ages will enjoy this unbeatable combination of chocolate and peanut butter—

Prepare **Basic Fudge** (page 173) omitting fruit and nut options. When fudge becomes thick during beating, add ¾ cup *peanut butter;* swirl once or twice to marble. Immediately spread



fudge in the buttered pan. Cool; cut into squares. Store candy tightly covered in a cool place. Makes 40 pieces.

GERMAN CHOCOLATE FUDGE

This fudge is slightly softer in texture than the basic fudge—

Butter a 9x5x3-inch loaf pan. Prepare **Basic Fudge** (page 173) except: decrease sugar to 1¾ cups, substitute 3 squares (3 ounces) *sweet cooking chocolate* for the unsweetened chocolate, use *pecans* for the nuts, and omit the fruit option.

Pour the beaten fudge in loaf pan; sprinkle ⅓ cup *toasted coconut* evenly atop, pressing in gently with hands. Score; cut into squares when cool. Store candy tightly covered in a cool place. Makes about 40 pieces.

BRANDY FUDGE BALLS

For this variation, you'll need to use a larger saucepan, because the mixture bubbles up more than the Basic Fudge mixture. Also, cook the fudge over low rather than medium heat after it begins to boil—

Prepare **Basic Fudge** (page 173) except: omit buttered 8x8x2-inch pan, use a 3-quart saucepan for cooking, decrease the *milk* to ½ cup, add ¼ cup *brandy, rum,* or *flavored liqueur* with sugar and milk, and omit vanilla.

Beat as directed (beating time may be several minutes longer than for basic recipe). When fudge becomes thick, pour mixture out onto foil or waxed paper. Quickly shape into 1-inch balls, using 1 rounded teaspoon of mixture per ball. Roll balls in finely chopped *nuts* or crushed *peppermint* candies, if desired. Cool; store tightly covered. Makes about 30 pieces.

FUDGE-ALMOND BONBONS

You'll find confectioners' coating in block form in most larger supermarkets and candy shops—

Butter a 9x5x3-inch loaf pan. Prepare **Basic Fudge** (page 173) except: use 1 teaspoon *vanilla* or ½ teaspoon *almond extract,* and omit fruit and nut options. Pour beaten fudge in pan; score into squares and cool. In double



boiler over hot, not boiling water, melt 1 pound *confectioners' coating.* Cut fudge into squares. For each bonbon, hold one square at a time on a fork over confectioners' coating; spoon melted coating over fudge, covering all sides. Place candy on waxed paper or foil; top each piece with a *whole unblanched almond.* Allow pieces to dry; store in a covered container between layers of waxed paper. Store candy in a cool place. Makes about 32 pieces.

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FOOD



Lemon Desserts
Whole-meal Salads

Does your family's favorite summer dessert get its zip from lemon? Do you rely on hearty main dish salads for warm-weather meals? Send us your recipes—you could win next June. Two Cooks-of-the Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next June. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Lemon Desserts

You might use fresh lemons, lemon pie filling, lemon-flavored gelatin, lemon-flavored drink mix, or lemonade concentrate in your summer dessert. Tips: **quick lemon slush, lemonade marshmallow pie, lemon cream trifle.**

Whole-meal Salads

You might feature meat, fish, poultry, eggs, cheese, nuts, beans and/or lentils. Is your salad based on greens, cooked pasta or rice? Hints: **Mediterranean ground beef toss, garbanzo-lentil salad, seafood brown-rice ring.**

THIS MONTH'S WINNERS

(See recipes on pages 191 and 192.)

Cooks-of-the-Month

Mary R. Christensen, Spangle, Wash.
Mrs. Henry Harris, Wilkes-Barre, Pa.

Runners-up

Donna Harper, St. Louis, Mo.
Robin L. Matis, Plainsboro, N.J.
Linda Snedigar, Anchorage, Ala.
Kathleen Wilder, San Mateo, Calif.

Honor Roll

Mrs. Allon Bentley, Dallas, Tex.
Frances E. Dietz, York, Pa.
Mrs. Peter DuBovy, Huntington Beach, Calif.
Margaret A. Laber, Cummaquid, Mass.
Mrs. Carol Price, Thousand Oaks, Calif.
Linda Ray, Millboro, Va.
Mrs. Barbara Schreier, Bethlehem, Pa.
Mrs. Evelyn Simpson, Hurt, Va.
Mrs. Elsie Twomey, Mesa, Ariz.
Marty Weiden, Mercer Island, Wash.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "June Lemon Desserts" or "June Whole-meal Salads."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, November 30. Where duplicate recipes are submitted, the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7911 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

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OLD FASHIONED JELLY ROLL

Makes 8 servings

5 eggs, separated
1 cup granulated sugar
2 tablespoons lemon juice
1 teaspoon grated lemon peel
1 cup cake flour
1 teaspoon baking powder
¼ teaspoon salt
1 cup Welch's Grape Jelly
1 tablespoon lemon juice
2 teaspoons light cream
¾ cup confectioners' sugar

Line greased jelly roll pan (15 x 10½ x 1-inch) with wax paper, grease again. Set aside.

In small mixing bowl, beat egg yolks about 5 minutes or until very thick and lemon colored. Pour into large mixer bowl and gradually beat in granulated sugar. On low speed, blend in 2 tablespoons lemon juice and lemon peel. Beat egg whites until soft peaks form. Combine flour, baking powder and salt. Add flour mixture to yolks alternating with egg whites, folding in gently and thoroughly. Spread mixture evenly into prepared pan. Bake at 375 F for 12 to 15 minutes, until cake springs back to the touch.

Turn cake out onto a cloth which has been dusted with confectioners' sugar. Quickly remove paper and trim crisp edges. Roll up in towel and cool. Unroll cake and remove towel. Beat grape jelly slightly with fork to soften, spread over cake. Roll cake up.



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File under Poultry, fish, and eggs

Buying information, page 244

STUFFING IDEAS

Zucchini-Corn Bread Stuffing

Zucchini, corn bread, ham, and herbs flavor this outstanding stuffing—

- 1½ cups chopped onion
- 1 cup chopped celery
- 1 clove garlic, minced
- ½ cup butter *or* margarine
- ½ pound ground ham (1½ cups)
- ½ cup finely chopped poultry giblets
- 12 cups coarsely crumbled corn bread
- 2 cups shredded zucchini, well-drained
- 2 teaspoons ground sage
- 1½ teaspoons dried basil, crushed
- 1 teaspoon curry powder
- ¼ teaspoon pepper
- 2 beaten eggs
- 2 teaspoons instant chicken bouillon granules

In skillet cook onion, celery, and garlic in butter or margarine till tender. Add ground ham and giblets; cook till giblets are lightly browned. Combine ham mixture with corn bread, zucchini, seasonings, and eggs. Dissolve bouillon granules in 1½ cups *boiling water;* add to corn bread mixture and toss lightly to mix. Use to stuff a 12-pound turkey. Bake remaining stuffing in a 1½-quart casserole in 375° oven for 1 hour. (Or, bake all of stuffing in a 3-quart casserole for 1¼ hours or till heated through.) Makes 10 cups.

Mary R. Christensen, Spangle, Wash.



File under Salads and salad dressings

Photographs Dieter

HOLIDAY SALADS

Layered Cranberry-Apple Mold

Try this winning holiday salad in lieu of the traditional cranberries—

- 1 6-ounce package lemon-flavored gelatin
- ½ cup sugar
- 1½ cups cranberry-apple drink
- 1 8-ounce can whole cranberry sauce (¾ cup)
- 1 envelope dessert topping mix
- ⅓ cup mayonnaise *or* salad dressing
- 1 large unpeeled apple, cored and finely chopped (1¼ cups)

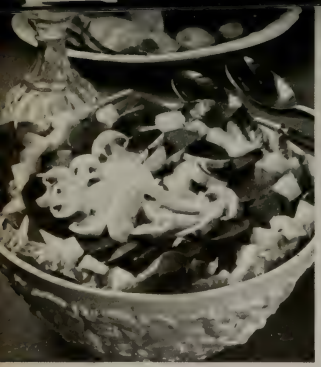
Dissolve gelatin and sugar in 1½ cups *boiling water.* Add cranberry-apple drink. Chill 1¾ cups of mixture till partially set (keep remaining at room temperature); fold in cranberry sauce. Pour into a 7- to 8-cup ring mold; chill till *almost* firm. Chill remaining gelatin till partially set. Prepare topping mix according to package directions; fold into partially set gelatin along with mayonnaise and apple. Spoon over layer in mold. Chill till firm. Unmold onto lettuce-lined platter and garnish with fresh cranberries, if desired. Makes 12 servings.

Mrs. Henry Harris, Wilkes Barre, Pa.



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Russian Potato Salad

½ cup salad oil
¼ cup white wine vinegar
1 tablespoon Dijon-style mustard
1 clove garlic, minced
1 tablespoon snipped parsley
1 tablespoon snipped chives
8 ounces fresh mushrooms, sliced (3 cups)
4 cups torn romaine
3 medium potatoes, cooked, peeled, diced, and chilled
1 16-ounce can sliced beets, drained and chilled
2 hard-cooked eggs, cut in wedges

In screw-top jar combine oil, vinegar, mustard, garlic, parsley, chives, ¾ teaspoon *salt*, and ¼ teaspoon *pepper*. Cover; shake well. Pour dressing over sliced mushrooms. Toss mushrooms to coat; cover and chill 2 hours, stirring occasionally. Just before serving, place greens in salad bowl; arrange potatoes and beets atop. Spoon mushrooms in dressing over salad; sprinkle with *pepper* and garnish with egg wedges. Toss. Makes 6 to 8 servings.

Robin L. Matis, Plainsboro, N.J.



Holiday Avocado Salad

You can also make this salad in a 6-cup ring mold—

1 6-ounce package lime-flavored gelatin
2½ cups boiling water
2 tablespoons lemon juice
2 teaspoons onion juice
1 cup mayonnaise *or* salad dressing
2 medium avocados, peeled, seeded, and chopped (2 cups)
1 cup chopped celery
¼ cup finely chopped green pepper
½ cup whipping cream
Lettuce leaves

In a large bowl dissolve gelatin in boiling water; stir in lemon and onion juices. Beat in mayonnaise or salad dressing with rotary beater till smooth. Chill till partially set (consistency of unbeaten egg whites). Fold in avocados, celery, and green pepper. Whip cream; fold into gelatin mixture. Turn mixture into a 9x9x2-inch pan. Chill till firm. Cut into squares and serve on lettuce-lined plates. Garnish with additional avocado slices and cherry tomato halves, if desired. Makes 10 to 12 servings.

Donna Harper, St. Louis, Mo.



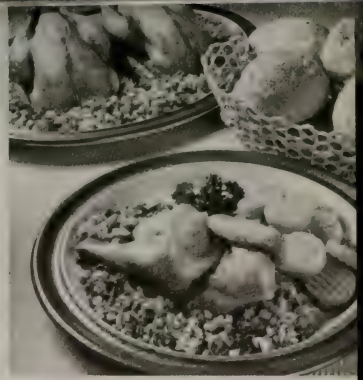
Walnut Stuffing Balls

You can also bake the stuffing in a casserole at 350° for 40 minutes—

½ cup chopped onion
½ cup chopped celery
6 tablespoons butter *or* margarine
1 beaten egg
½ teaspoon salt
½ teaspoon poultry seasoning
¼ teaspoon pepper
5 slices whole wheat *or* white bread, cut in ¼-inch cubes (4 cups)
1 cup chopped walnuts
½ cup snipped parsley
¼ cup wheat germ
½ cup chicken broth

Cook onion and celery in butter or margarine till tender but not brown. Combine the beaten egg, salt, poultry seasoning, and pepper; add bread cubes, chopped walnuts, parsley, wheat germ, and cooked onion mixture. Add chicken broth, tossing mixture lightly to moisten. Using about ½ cup of the mixture for each, shape mixture into 8 balls. Place balls on a greased baking sheet. Bake in a 350° oven for 15 minutes. Makes 8 servings.

Kathleen Wilder, San Mateo, Calif.



Bulgur Wheat-Sausage Stuffing

Bulgur is a Middle Eastern form of wheat that's similar to brown rice. You'll find bulgur wheat in the cereal or flour section of your supermarket—

1 pound mild bulk pork sausage
2 cups chicken broth
1 cup bulgur wheat
1 tablespoon dried minced onion
1 teaspoon poultry seasoning
½ teaspoon salt
Dash pepper
¼ cup chopped almonds

In skillet brown sausage; drain and set aside, reserving 3 tablespoons of the drippings. In same skillet combine reserved drippings, broth, bulgur, onion, poultry seasoning, salt, and pepper. Cover; simmer 15 to 20 minutes. Combine bulgur mixture, pork sausage, and almonds. Use to stuff one 6-pound roasting chicken *or* one 7- to 8-pound turkey *or* five 1- to 1½-pound Cornish game hens. *Or* bake, covered, in a 1½-quart casserole in a 375° oven for 45 minutes. Makes about 5 cups stuffing.

Linda Snedigar, Anchorage, Alaska

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Karo Sunshine Chicken.

1 broiler-fryer chicken, 2 tbsp margarine, ½ cup KARO® Light or Dark Corn Syrup, ½ cup orange juice, 3 tbsp lemon juice



Cut chicken into parts. In skillet over medium heat cook chicken in margarine 30 minutes or until tender. Drain off fat. Mix remaining ingredients; pour over chicken. Cook over medium heat, turning often, 5 to 10 minutes or until glazed. Garnish with lemon and parsley. Serves 4.

Make an ordinary meal an extraordinary meal. Add the Karo touch.

Best Foods CPC International Inc.

begins on page 174

Weekend of great meals

WEEKEND FOOD PLAN

Friday Dinner Menu
Marinated Shrimp and Artichoke Hearts *(appetizer)*
Mediterranean Stroganoff
Turmeric Rice
Bok Choy Walnut Salad
Rum 'n Coffee Cream
Cinnamon Diamonds

Saturday Breakfast Menu
*Garden Frittata Parmesan
*Marinated Shrimp and Artichoke Hearts *(side dish)*
Honey Fruit Compote
Drop Coconut Biscuits
*Rum Café au Lait

Saturday Dinner Menu
*Sizzling Turmeric Rice Soup
Bacon-stuffed Pork with *Mandarin Fruit Sauce
Basil-scalloped Potatoes
Braised Cabbage with Mustard Butter
*Eggnog Custard Pie

Sunday Brunch Menu
*Pork-filled Gougère
*Green Potato Soup
*Marinated Shrimp and Artichoke Hearts *(salad)*
Cranberry Apple Crisp

*foods are carry-overs

MARINATED SHRIMP AND ARTICHOKE HEARTS

Here's an elegant make-ahead hors d'oeuvre. Your refrigerator does all the work—

1 cup salad oil
½ cup vinegar
⅓ cup dry white wine
1 tablespoon snipped parsley
1 teaspoon sugar
1 teaspoon dried cilantro, crushed (optional)
½ teaspoon salt
½ teaspoon paprika
¼ teaspoon whole black peppercorns
1 clove garlic, minced

• • •

2 pounds medium shrimp, cooked, drained, peeled and cleaned
2 9-ounce packages frozen artichoke hearts, thawed and halved, *or* 2 14-ounce cans (8½ ounces drained) artichoke hearts, drained and halved
1 small onion, peeled and sliced into half-rings
1 8-ounce can water chestnuts, drained and sliced

In a screw-top jar combine salad oil, vinegar, wine, parsley, sugar, cilantro, if desired, salt, paprika, peppercorns and garlic; cover and shake to blend well. In a 4-quart container place shrimp, artichoke hearts, onion, and water chestnuts; pour marinade over. Cover and store in refrigerator overnight, stirring occasionally to distribute marinade. Makes 12 cups.

To serve: For Friday dinner drain *4*

continued

Lipton Lesson #1: Souped up Meat Loaf.



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Onion or Beef Flavor
Mushroom Soup Mix
pounds ground beef
½ cups soft bread
crumbs
eggs
¼ cup water
½ cup catsup



2. Blend.
Preheat oven to 350°.
In large bowl, combine all ingredients.



3. Shape.
In large shallow baking pan, shape into loaf.



4. Bake.
Bake 1 hour or until done.



5. Garnish.
If desired, garnish with parsley and serve with potatoes and sliced carrots. Makes 6 to 8 servings.

Now you're ready to find out how delicious this lesson is.





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continued

Weekend of great meals

cups of the mixture. Spoon mixture into 4 to 6 shrimp icers or into goblets partially filled with *crushed ice.* Garnish each serving with a spoonful of *bottled cocktail sauce* and a slice of *cucumber* and *lemon.*

For Saturday breakfast, drain *4 cups* of the mixture, place on a small *lettuce*-lined platter; garnish with *black* or *red caviar,* if desired.

For Sunday brunch, serve remaining marinated mixture, drained, in 4 to 6 *lettuce cups.*

MEDITERRANEAN STROGANOFF

Try substituting asparagus or cauliflower for the broccoli if you prefer—

3 cups fresh broccoli cut into bite-size pieces or 2 10-ounce packages frozen broccoli cuts
4 medium carrots, peeled and thinly bias-sliced (2 cups)
¼ cup butter *or* margarine
1 pound fresh mushrooms, sliced (6 cups)
1 medium leek, sliced (½ cup)
1 clove garlic, minced
3 tablespoons all-purpose flour
2 cups light cream *or* milk
2 tablespoons soy sauce
1 teaspoon instant chicken bouillon granules
½ cup dry white wine
½ cup sliced pitted ripe olives
1 cup dairy sour cream
1 cup ricotta cheese
½ cup grated parmesan cheese

• • •

1 recipe Turmeric Rice
Carrot curls
Whole pitted ripe olives
Parsley sprigs
Grated parmesan cheese

In a large saucepan cook broccoli and carrots together, covered, in boiling salted water about 5 minutes, or till crisp-tender; drain. In a large Dutch oven or saucepan melt butter or margarine; add the mushrooms, leek, and garlic. Cook over medium-high heat, stirring occasionally, about 5 to 7 minutes or till mushrooms are tender. Blend in flour. Stir in light cream or milk, soy sauce, and bouillon granules; cook and stir till mixture is thickened and bubbly. Stir in the drained broccoli and carrots, wine, and the sliced olives. In a small bowl combine sour cream, ricotta cheese, and the ½ cup parmesan. Gradually stir about 1 cup of the hot mixture into sour cream mixture; return to saucepan. Cook over medium heat for 3 to 4 minutes or just till heated through. *Do not boil.* (Reserve *1½ cups* of the mixture for **Garden Frittata Parmesan,** recipe on page 198.) Spoon remaining stroganoff mixture over Turmeric Rice on platter. Garnish with carrot curls, whole olives, and parsley sprigs. Pass the parmesan cheese to sprinkle atop each serving. Makes 6 servings.

TURMERIC RICE

It's important to use the short grain rice if you're planning to make the Sizzling Turmeric Rice Soup. This type of rice is best for shaping the patties for the soup—

4 cups water
2 cups short grain rice*



2 tablespoons butter *or* margarine
¼ teaspoon ground turmeric

In a 2-quart saucepan bring the water, rice, butter or margarine, 2 teaspoons *salt*, and turmeric to boiling. Reduce heat to simmer; cover and cook 20 minutes or till rice is tender and all the water is absorbed. (Reserve *1 cup* rice for **Sizzling Turmeric Rice Soup,** recipe on page 198.) Makes 6 servings.

**Note:* If you're not making the Turmeric Rice Soup, you can substitute quick-cooking rice and add the turmeric in with the water, butter, and salt. Cook the rice according to package directions.

BOK CHOY WALNUT SALAD

Prepare and chill the Oriental dressing ahead to toss with the greens just before serving—

¼ cup salad oil
3 tablespoons lemon *or* lime juice
1 tablespoon honey
1½ teaspoons soy sauce
1 teaspoon sesame seed, toasted
½ teaspoon paprika
6 cups torn bok choy (½ head)
⅓ cup walnut halves
¼ cup raisins

In a screw-top jar combine the oil, lemon or lime juice, honey, soy sauce, sesame seed, ½ teaspoon *salt*, and paprika. Cover; shake and chill. In a large bowl toss together bok choy, walnuts, and raisins. Just before serving shake dressing; toss with salad till greens are coated. Makes 4 to 6 servings.

RUM 'N COFFEE CREAM

French vanilla, chocolate, or butter pecan ice cream could also be used in this elegant dessert—

1 quart coffee ice cream
½ cup rum *or* brandy
Whipped cream
2 1⅛-ounce bars chocolate-coated toffee, coarsely chopped

Place ice cream and rum in blender container or food processor; cover and blend till smooth. (Freeze *½ cup* of the mixture for **Rum Café au Lait,** recipe on page 198.) Pour remaining mixture into dessert goblets or wineglasses; top with whipped cream and a sprinkling of chopped candy bar. Serve at once. Makes 4 to 6 servings.



CINNAMON DIAMONDS

These cookies are tender with a cake-like texture—

½ cup shortening
¼ cup granulated sugar
¼ cup packed brown sugar
2 tablespoons milk
1 egg yolk
1 teaspoon vanilla
1¼ cups all-purpose flour

continued

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Betty Crocker SuperMoist® Chocolate-Nut Brownies

1 package SuperMoist devils food cake mix
½ cup margarine or butter, softened
¼ cup packed brown sugar
¼ cup water
2 eggs
¾ cup finely chopped nuts
1 container Creamy Deluxe® chocolate ready-to-spread frosting
½ cup finely chopped nuts

Heat oven to 375°. Grease and flour baking pan, 13x9x2 inches. Mix about half of the cake mix (dry), the margarine, brown sugar, water and eggs in large bowl until smooth. Stir in remaining cake mix and ¾ cup nuts. Spread evenly in pan. Bake until top feels firm when touched, 25 to 30 minutes (do not overbake). Run knife around edges while warm to loosen sides. Cool; spread with frosting. Sprinkle with ½ cup nuts. Cut into bars, about 3x1½ inches. 2 dozen bars.

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.

You and Betty Crocker® can Bake Someone Happy.

General Mills, Inc. 1979

continued

Weekend of great meals

1 teaspoon cream of tartar
½ teaspoon baking soda
½ teaspoon ground cinnamon
¼ teaspoon salt
• • •
Powdered sugar

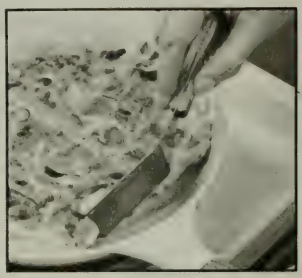
In a mixer bowl cream shortening and sugars; beat in milk, egg yolk, and vanilla. In a small bowl stir together the flour, cream of tartar, baking soda, cinnamon, and salt; add to creamed mixture. Blend well. Spread in a greased 13x9x2-inch baking pan. Bake at 350° for 12 to 15 minutes or till done. Cool in pan; sift powdered sugar atop. Cut into diamond shapes. (Reserve *half* of the cookies for **Eggnog Custard Pie;** recipe on page 201.) Makes 1½ to 2 dozen.

GARDEN FRITTATA PARMESAN

If you're not making the Mediterranean Stroganoff, you can substitute 1½ cups of cooked creamed vegetables for the Stroganoff mixture—

8 eggs
¼ cup grated parmesan cheese
¼ teaspoon salt
⅛ teaspoon pepper
1½ cups reserved Mediterranean Stroganoff (see recipe, page 196)
2 tablespoons butter *or* margarine
6 thin tomato slices
Cooking oil
1 tablespoon grated parmesan cheese

In a medium bowl beat eggs with the ¼ cup parmesan, the salt, and pepper till frothy. Stir in reserved Stroganoff mixture. In a 10-inch ovengoing skillet or omelet pan melt the butter or margarine. Pour in egg mixture and cook over medium heat, lifting edges occasionally to allow uncooked portion to flow underneath until top is almost set and bottom is lightly browned. Place pan under broiler 5 inches from heat for 1 to 2 minutes (if using gas broiler, remove broiler pan). Top with tomato slices; brush lightly with oil. Sprinkle tomato with remaining parmesan; broil about 1 minute more or till tomatoes are heated. Cut into wedges to serve. Makes 4 to 6 servings.



COCONUT BISCUITS

Coconut gives these hearty biscuits a tropical, nutty flavor—

2 cups all-purpose flour
¾ cup coconut, toasted
2 tablespoons sugar
1 tablespoon baking powder
½ teaspoon salt
⅓ cup shortening
1 cup milk
½ teaspoon vanilla

In mixing bowl stir together the flour, coconut, sugar, baking powder, and salt. Cut in shortening till mixture resembles coarse crumbs. Combine milk and vanilla. Make a well in the center of the dry ingredients; add milk mixture all at once. Stir just till dough clings together. Use a knife or narrow spatula to push dough from a tablespoon onto a greased baking sheet. Bake in 450° oven for 10 to 12 minutes or till golden. Serve immediately. Makes 12 to 15 biscuits.

HONEY FRUIT COMPOTE

Here's a colorful combination of winter fruits mildly sweetened with honey—

1 20-ounce can pineapple chunks (juice pack)
2 11-ounce cans mandarin orange sections, drained
1½ cups seedless green *or* red grapes, seeded and halved
3 kiwis, peeled, halved lengthwise, and sliced
3 tablespoons pomegranate seeds (optional)
½ cup orange juice
¼ cup honey
1 tablespoon lemon juice

Drain pineapple, reserving juice. In a large bowl combine mandarin orange sections, drained pineapple chunks, grapes, kiwi slices, and pomegranate seeds, if desired. Add water, if necessary, to reserved pineapple juice to make 1 cup liquid. Combine pineapple juice mixture, orange juice, honey, and lemon juice; pour over fruit. Cover and chill till serving time. (Reserve 1 cup of this mixture for **Bacon-stuffed Pork with Mandarin Fruit Sauce;** see recipe, page 200.) Serve remaining in dessert cups or stemmed glasses. Makes 6 servings.

RUM CAFÉ AU LAIT

If you aren't making the Rum 'n Coffee Cream dessert, you can substitute ½ cup of softened ice cream mixed with 1 tablespoon rum or brandy for the dessert mixture—

6 cups hot strong coffee
½ cup reserved frozen Rum 'n Coffee Cream mixture (see recipe, page 197)
4 to 6 cinnamon sticks

For each serving, pour coffee into mugs; top with a scoop of the reserved cream mixture. Insert a cinnamon stick stirrer. Makes 4 to 6 servings.

SIZZLING TURMERIC RICE SOUP

If you're not making the Turmeric Rice, you can substitute 1 cup cooked short grain rice—

4 cups chicken broth
1 medium leek, thinly sliced (½ cup)
½ cup water chestnuts, drained and thinly sliced
1 cup reserved Turmeric Rice mixture (see recipe, page 196)
Cooking oil for shallow-fat frying

In saucepan heat chicken broth to boiling. Add leeks and water chestnuts; reduce heat and simmer 2 minutes. Keep warm over low heat.

Prepare rice patties: with moistened hands shape Turmeric Rice mixture into 8 thin patties 2 inches in diameter, using about 2 tablespoons of the mixture for each. Fill a 10-inch skillet with cooking oil to a depth of ½ inch; heat to 375°. Fry rice patties, all at one time, about 5 minutes or till crispy and golden. Working quickly, remove all the fried rice patties to a large warmed serving bowl with a slotted spoon; pour hot chicken broth mixture over (speed is important to obtain the desired sizzling). Serve immediately. Makes 4 to 6 servings.

continued

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Weekend of great meals

BACON-STUFFED PORK WITH MANDARIN FRUIT SAUCE

For the richly flavored fruit sauce, you add wine, orange peel, and beef bouillon granules to the breakfast fruit compote—

1 5-pound boneless pork loin roast
8 slices bacon, crisp-cooked, drained, and crumbled
2 tablespoons brown sugar
1 tablespoon candied ginger, finely chopped
1 cup reserved Honey Fruit Compote mixture *(see recipe, page 198)
¼ cup dry white wine
1½ teaspoons thinly sliced orange peel
¼ cup orange juice
½ teaspoon instant beef bouillon granules
1 tablespoon cornstarch
¼ cup cold water

Cut and discard string of tied roast. Unroll roast; sprinkle with *salt* and *pepper.* Sprinkle surface of roast with the bacon, brown sugar, and ginger. Reroll meat and tie securely. Place on rack in shallow roasting pan. Insert



meat thermometer in center of meat so bulb reaches thickest part of meat. Roast, uncovered, in 325° oven for 2 to 2½ hours (or till meat thermometer registers 170°). Place roast on serving platter; let stand 15 minutes.

Meanwhile, prepare *Mandarin Fruit Sauce:* Drain Fruit Compote mixture, reserving juice. In a medium saucepan combine reserved juice, wine, orange peel, orange juice, and bouillon granules. Combine cornstarch and the cold water; add to juice mixture. Cook and stir till thickened and bubbly. Stir in reserved fruit; heat through.

Pour some of the sauce over the roast; pass the rest. Remove strings as meat is carved. Makes 8 to 10 servings meat and 1⅓ cups sauce. (Reserve 2 servings meat to make 2 *cups* bite-size julienne strips for **Pork-filled Gougère;** recipe on page 202.)

***Note**—If you're not making the Honey Fruit Compote, you can substitute the following: In a bowl combine ¾ cup *fruit* (one or a combination of the following—drained *mandarin orange sections,* seeded halved *green* or *red grapes,* canned *pineapple chunks,* drained and juice reserved, or *kiwi,* peeled and cut into half slices), and 2 teaspoons *pomegranate seeds,* if desired. Combine 3 tablespoons of the *pineapple juice* (if not using pineapple, increase orange juice to ¼ cup), with 1 tablespoon *orange juice,* 2 teaspoons *honey,* and 1½ teaspoons lemon juice;

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pour over fruit and mix well. Makes 1 cup.

BASIL-SCALLOPED POTATOES

The mild, basil-flavored sauce may have a slightly curdled appearance—

¼ cup butter *or* margarine
1 tablespoon all-purpose flour
1 teaspoon salt
1 teaspoon dried basil, crushed
⅛ teaspoon pepper
2 cups milk

• • •

½ cup snipped parsley
6 to 8 medium potatoes, peeled and thinly sliced (6 cups)

• • •

½ cup soft bread crumbs
1 tablespoon butter *or* margarine, melted
¼ cup snipped parsley

In a small saucepan melt the ¼ cup butter or margarine; stir in flour, salt, basil, and pepper. Stir in milk all at once. Cook and stir over medium heat till mixture thickens and bubbles. Stir in the ½ cup parsley.

Grease an 8x8x2-inch baking dish. Combine the potatoes and the hot sauce; pour into baking dish. Cover; bake in a 325° oven for 1 hour. Uncover; sprinkle the center of baking dish with a mixture of bread crumbs and the melted butter or margarine. Bake 30 to 45 minutes longer or till potatoes are fork-tender.

Let stand 15 minutes before serving. (Reserve *1 cup* of the potato mixture for **Green Potato Soup;** recipe on page 202.)

Sprinkle rest of mixture with remaining parsley; garnish with a parsley sprig, if desired. Makes 6 servings.

STEAMED CABBAGE WITH MUSTARD BUTTER

For a tangier version, use horseradish mustard or Dijon mustard—

1 medium head cabbage, cut in bite-size pieces

• • •

¼ cup butter *or* margarine, softened
2 tablespoons prepared mustard
Salt
Pepper
Hard-cooked egg, cut in wedges

Place cabbage in a steamer basket or metal colander over boiling water in a 4-quart Dutch oven (water should not touch basket). Cover; steam about 5 minutes or till cabbage is tender. Drain well.

Combine softened butter or margarine with mustard; toss with cabbage. Season with salt and pepper to taste. Place in serving bowl; garnish with hard-cooked egg wedges. Serve at once. Makes 6 servings.

EGGNOG CUSTARD PIE

If you're not preparing the Cinnamon Diamond Cookies that are used for the crust, you can substitute a prepared 9-inch pastry shell that's been prebaked in a 450° oven for 5 minutes, or a chilled 9-inch graham cracker crust—

½ recipe reserved Cinnamon Diamond Cookies, crushed (1⅔ cups crumbs) (see recipe, page 197)
3 tablespoons butter *or* margarine, melted

• • •

1 8-ounce package cream cheese, softened
½ cup packed brown sugar
2 eggs

continued

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continued

Weekend of great meals

1½ cups canned *or* dairy eggnog
1 teaspoon vanilla
¼ teaspoon ground nutmeg
• • •
1 cup whipping cream
2 tablespoons powdered sugar

Prepare crust: Combine cookie crumbs and melted butter or margarine till well blended. Press on bottom and up sides of a 9-inch pie plate, forming a high edge. Bake in 350° oven for 5 to 8 minutes; cool while preparing filling.

For filling, in small mixer bowl beat together cream cheese and brown sugar on medium speed of electric mixer till fluffy. Add eggs, beating on low speed just till blended. Gradually stir in eggnog, vanilla, and nutmeg. Turn into prebaked crust. Cover edges of crust with foil. Bake in 350° oven for 40 to 45 minutes or till knife inserted just off-center comes out clean. Cool, then chill.

In a medium bowl whip cream and powdered sugar just to soft peaks (tips curl over). Using a pastry tube fitted with a star tip, pipe whipped cream in a lattice design atop pie (or, spoon cream mixture over pie). Chill till serving time.

GREEN POTATO SOUP

If you don't have leftover Basil-scalloped Potatoes, 1 cup of cooked sliced potatoes or mashed potatoes would work equally well in this hearty spinach soup—

1 10-ounce package frozen chopped spinach, thawed
3 cups light cream *or* milk
1 cup reserved Basil-scalloped Potatoes (see recipe, page 201)
½ teaspoon dried dillweed
Salt
Pepper
• • •
Dairy sour cream (optional)
Fresh dill sprigs *or* dried dillweed (optional)

Squeeze out all excess moisture from spinach. In a 2-quart saucepan combine light cream or milk, spinach, reserved Basil-scalloped Potatoes, and the ½ teaspoon dillweed. Season with salt and pepper to taste. Cook, uncovered, over medium heat about 20 minutes or till heated through. Process hot mixture, half at a time, in a covered blender container or food processor till smooth.

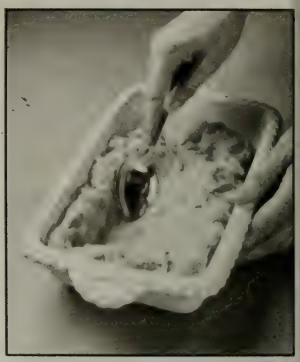
Pour into serving bowl or soup tureen; top with a dollop of sour cream, and garnish with a sprig of fresh dill or some dried dillweed, if desired. Serve immediately. Makes 6 servings.

PORK-FILLED GOUGÈRE

For the Gougère dough, you use the same technique as when making cream puffs. As you add the eggs to the cooled flour mixture, be sure to beat very thoroughly after each addition till the batter is smooth—

Butter *or* margarine
1 cup water
6 tablespoons butter *or* margarine
½ teaspoon salt
Dash pepper
1 cup all-purpose flour
4 eggs
2 cups shredded Swiss *or* gruyère cheese (8 ounces)
• • •
1 tablespoon butter *or* margarine
1 large green pepper, cut in ½-inch squares (1 cup)
1 medium onion, sliced (½ cup)
2 tablespoons snipped fresh parsley
1 clove garlic, minced
• • •
1 tablespoon cornstarch
1 8-ounce can tomato sauce
½ cup dry red *or* white wine
1 tablespoon worcestershire sauce
1 teaspoon sugar
2 cups reserved Bacon-stuffed Pork (see recipe, page 200), *or* cooked beef, ham, chicken, or turkey cut in bite-size julienne strips

Generously grease a 12x7½x2-inch baking dish with butter or margarine. In medium saucepan combine the water, the 6 tablespoons butter or margarine, salt and pepper; bring to a boil. Add flour all at once; cook and stir vigorously till mixture forms a ball that doesn't separate. Remove from heat. Cool 5 minutes. Add eggs, one at a time, beating vigorously by hand after each addition till smooth. Stir in *1¾ cups* of the cheese. Spread



mixture in the greased baking dish, spreading over bottom and up sides, leaving a depression in the center. Bake in 400° oven for 20 minutes.

Meanwhile, prepare pork filling: In saucepan melt the 1 tablespoon butter or margarine; add green pepper, onion, parsley, and garlic. Cover and cook till green pepper and onion are tender; stir in cornstarch. Add tomato sauce, wine, worcestershire, and sugar. Cook and stir till thickened and bubbly. Stir in pork strips. Pour pork mixture into center of baked crust; sprinkle with the remaining cheese. Return to oven; bake 15 to 20 minutes longer or till puffed and golden brown. Serve immediately. Makes 6 servings.

CRANBERRY APPLE CRISP

Next time, try a granola cereal with nuts or fruit added—

3 cups unpeeled, thinly sliced cooking apples (4 medium)
1 16-ounce can whole cranberry sauce
• • •
2 cups granola cereal
½ cup shredded coconut
⅓ cup butter *or* margarine, melted

In a bowl combine the apples and cranberry sauce; turn mixture into a 10x6-inch baking dish. Combine the cereal, coconut, and melted butter or margarine till well blended; sprinkle evenly over fruit.

Bake, covered, in a 400° oven for 15 minutes; uncover and bake 10 to 15 minutes more or till topping is crisp and brown. Serve warm with whipped cream or ice cream, if desired. Makes 6 to 8 servings.

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HE COOKS

Spenny's Favorite Chicken





Photographs: Dieter, Hedrich-Blessing

Buying information, page 244

"I got interested in cooking when I was in high school," says Spencer Driggs of Perkin, Illinois. "Since my parents both worked, each of the four kids in my family did his share. My job was to start dinner for the family after school." Today, between teaching the sixth grade and tinkering in the 80-year-old barn he has renovated for his home, Spencer still enjoys cooking for his wife Pat.

"Spenny's Favorite Chicken is my original recipe," says Spencer. "One summer afternoon, I got the urge for saucy chicken and noodles, so I experimented with a little tomato soup, beer, curry powder, and parmesan cheese. I feel it's this blend of flavors that makes my recipe special." Spencer adds that his favorite way to serve the chicken dish is over egg noodles or rice with a crisp green salad.

SPENNY'S FAVORITE CHICKEN

Try this recipe with chicken thighs or drumsticks, too—

1 medium onion, chopped (½ cup)
2 tablespoons butter or margarine
1 10¾-ounce can condensed tomato soup
⅔ cup beer
1 teaspoon curry powder
½ teaspoon dried oregano, crushed
Dash pepper
3 medium chicken breasts, split
¼ cup grated parmesan cheese

In a saucepan cook onion in butter or margarine till tender but not brown. Stir in tomato soup, beer, curry powder, oregano, and pepper. Simmer, uncovered, 10 minutes. Arrange chicken breasts in a 12x7½x2-inch baking dish. Pour tomato mixture over chicken. Bake, uncovered, in a 350° oven 50 to 55 minutes. Sprinkle with parmesan cheese. Makes 3 to 6 servings.

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EQUIPMENT

Rolling pin roundup

What the wheel is to travel, the rolling pin is to pastries. Where would strudels and napoleons be without it? While every kitchen needs at least one basic rolling pin (we show three old standbys), you may want a specialty model too, like the springerle pin pictured.



SPRINGERLE PIN *(below left):* This traditional German pin rolls out delicately embossed cookies that are cut apart before baking. Use a smooth pin initially to roll out the dough.



AMERICAN ROLLING PIN: This familiar all-purpose pin rolls independently of its handles. Some pins have ball bearings for smooth action; less expensive types have a wooden shaft through the middle.



TAPERED ROLLING PIN: A tapered rolling pin is small in diameter and tapers from the center to the ends. It works especially well for rolling dough into a circle—as for pizza or croissants.



FRENCH STRAIGHT ROLLING PIN: Roll this pin with your palms and you will feel any irregularities in the pastry or pasta dough beneath. The pin is available in various sizes.

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KRAFT

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Cream an Appetizer



Pocket bread ideas

If you're unfamiliar with "pocket bread," let us introduce you. Pocket bread or pita bread is a large, thin round of bread that splits apart to form a pocket. One popular way to use pocket bread is to cut the rounds in half crosswise, fill each half with a savory mixture, then pick up the "pocket" sandwich-style. Another way is to cut the bread into wedges for snacks or appetizers.

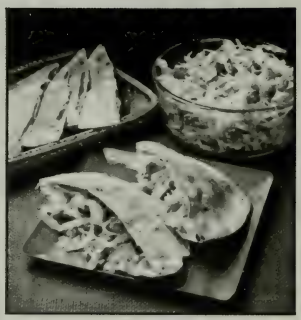
BEAN SPROUT SALAD POCKETS

To keep the diced avocado from darkening, coat the pieces generously with lemon juice—

3 pita bread rounds
1 4-ounce container whipped cream cheese with chives

• • •

2 medium avocados, peeled and seeded



2 teaspoons lemon juice
1½ cups fresh bean sprouts or canned bean sprouts, drained
1 cup shredded lettuce
½ cup diced tomato (1 medium tomato)
2 tablespoons green goddess salad dressing
2 tablespoons dairy sour cream

Cut pita bread rounds in half crosswise, making 6 pockets. Spread the inside of each pocket with about 1 tablespoon of the whipped cream cheese with chives.

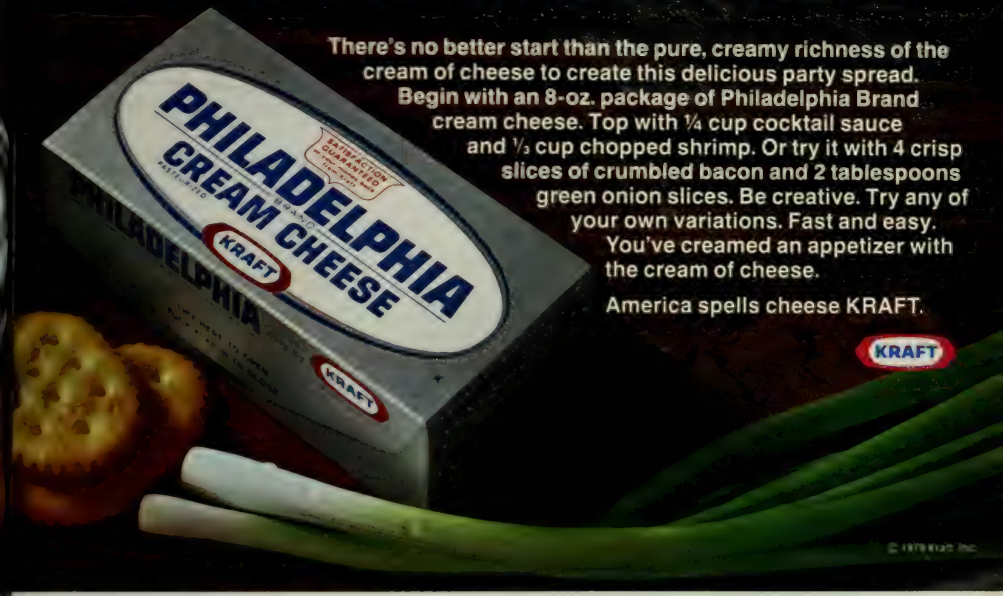
Dice the avocados and toss with lemon juice to coat. In a bowl toss together the avocado, bean sprouts, lettuce, and tomato. Mix the green goddess salad dressing and dairy sour cream together. Add to the bean sprout mixture and toss to coat ingredients with dressing. Spoon some of the salad mixture into each pita bread pocket. Makes 4 to 6 servings.

CURRIED TURKEY-FILLED PITAS

Add the amount of curry powder that suits your family's taste. Serve the pitas with crisp relishes—

¼ cup light raisins
Boiling water
¼ cup chopped onion
2 tablespoons butter or margarine
2 cups cubed cooked turkey or chicken
½ can (about ⅔ cup) condensed cream of chicken soup
½ cup cooked or canned peas
¼ cup dairy sour cream
2 tablespoons milk

with the Cream of Cheese.



There's no better start than the pure, creamy richness of the cream of cheese to create this delicious party spread. Begin with an 8-oz. package of Philadelphia Brand cream cheese. Top with ¼ cup cocktail sauce and ⅓ cup chopped shrimp. Or try it with 4 crisp slices of crumbled bacon and 2 tablespoons green onion slices. Be creative. Try any of your own variations. Fast and easy. You've creamed an appetizer with the cream of cheese.

America spells cheese KRAFT.

KRAFT



1 to 2 teaspoons curry powder
3 pita bread rounds

In small bowl cover raisins with boiling water. Let stand 5 minutes; drain and set aside.

In saucepan cook onion in butter or margarine till onion is tender but not brown. Remove from heat and stir in the turkey or chicken, condensed cream of chicken soup, peas, dairy sour cream, raisins, milk, and curry powder. Cut pita bread rounds in half crosswise. Spoon some of the curried turkey mixture into each pita round half. Place filled pitas on baking sheet. Bake in a 375° oven about 10 minutes or till hot. Makes 6 sandwiches.

APPETIZER WEDGES

Be sure to serve these cheesy appetizers hot from the oven. An electric warming tray will keep them hot till guests come back for seconds—

½ pound ground pork
¼ cup chopped onion
1½ cups shredded monterey jack cheese (6 ounces)
1 3-ounce can chopped mushrooms, drained
2 tablespoons chopped pimiento
½ teaspoon chili powder
¼ teaspoon salt
⅛ teaspoon ground cumin
⅛ teaspoon garlic powder

• • •

4 pita bread rounds
½ cup crushed corn chips

In skillet combine the ground pork and chopped onion. Cook till meat is browned and onion is tender. Drain off excess fat. Stir in the shredded cheese, drained mushrooms, pimiento, chili powder, salt, cumin, and garlic powder. Spread a fourth of the meat-cheese mixture on each pita bread round and place pita rounds on a baking sheet.



Photographs: Dieter

Bake in a 400° oven about 5 minutes or till cheese is bubbly. Cut each pita round into 8 wedges. Sprinkle with crushed corn chips and arrange the appetizer wedges on a serving plate. Serve hot. Makes 32 appetizers.

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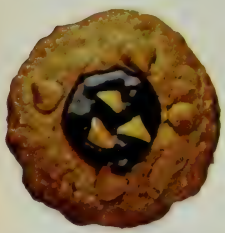
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Offer expires Dec. 31, 1980.
Limit one coupon per purchase.

No-fuss cranberry relishes



Photograph: Dieter

NO-COOK CRANBERRY RELISH

1 large orange
1 large lemon
4 cups fresh cranberries
2 cups sugar
½ cup dry sherry

Remove the peel from the orange and lemon, reserving *half* the peel from each. Remove excess white membrane from reserved peels; discard membrane. Put fruit pulp, peels, and cranberries through the coarse blade of the food grinder. Add sugar and dry sherry. Mix thoroughly. Let stand 30 minutes at room temperature. Stir again. Ladle into jars or freezer containers; cover. Refrigerate or freeze. Makes 4½ cups.

CRANBERRY CHUTNEY

2 cups fresh *or* frozen cranberries
2 small tomatoes, peeled, seeded, and coarsely chopped (¾ cup)
½ cup light raisins
¼ cup chopped onion
1 teaspoon salt
1 cup packed brown sugar
½ cup cider vinegar
½ teaspoon ground ginger
½ teaspoon ground cloves

In a 3-quart saucepan combine cranberries, tomatoes, ¾ cup *water*, raisins, onion, and salt. Bring to boiling. Simmer, covered, 15 minutes or till cranberries pop. Stir in brown sugar, vinegar, ginger, cloves, and ½ teaspoon *pepper*. Cover; cook 35 to 40 minutes or till the consistency of relish, stirring occasionally. Ladle into jars or freezer containers. Refrigerate or freeze. Makes 2⅔ cups.



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Coupon expires April 30, 1980.

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It's America's Right-Now Soup!

How to roast TURKEY

Preparing your holiday turkey needn't be a hassle. If you follow these tips and refer to the handy roasting chart, your bird should be picture-perfect and done to a turn.

● **To thaw a frozen turkey,** place it in its original wrap on a tray; set it in the refrigerator and let the bird thaw 2 to 3 days. Or set frozen turkey in its original wrap in a sink or deep pan filled with *cold* water. Large turkeys should thaw in 6 to 8 hours. Change the water frequently so the outside temperature of the bird does not rise too quickly and allow bacteria to grow.

● **For faster defrosting** of birds up to 10 pounds, you can use a counter-top microwave oven with variable power settings. Leave the turkey in its original wrap, but remove any metal fasteners. Place the bird, breast side up, in a shallow non-metal baking dish. Thaw, uncovered, in a counter-top microwave oven on *medium-low* power for 30 minutes; let stand 5 minutes. Give bird a quarter turn. Repeat till bird is thawed (allow 10 minutes per pound). If foil can be used in your oven (check your owner's manual), use small pieces of foil to cover the parts of the bird that begin to brown. Let the bird stand 30 minutes before roasting.

● **After thawing the turkey,** remove the wrappings and free legs and tail. Remove giblets and neck piece tucked inside bird. Rinse bird with cold running water and pat dry with paper toweling. Season body cavity with salt, if desired. Do not stuff turkey till just before cooking. If you make the stuffing ahead, chill it separately.

● **To stuff the bird,** spoon stuffing loosely into neck cavity; pull neck skin over stuffing and fasten securely to back of bird with a small skewer. Place turkey, neck down, in a large mixing bowl. Lightly spoon more stuffing into the body cavity. Holding turkey by its legs, gently shake the stuffing down; *do not pack stuffing* or it will not heat through properly. If turkey has a band of skin across its tail, tuck drumsticks under band. Otherwise, tie legs securely to tail. Twist wing tips under back. *For unstuffed turkey,* place quartered onions and celery in the body cavity.



● **To roast a whole turkey,** place thawed bird, breast up, on a rack in a shallow roasting pan. Make sure the rack holds the entire bird off the bottom of the pan. Brush bird with cooking oil or melted butter or margarine. To use a meat thermometer, insert it in center thigh muscle, making sure bulb does not touch bone. Cover loosely with a foil "cap" that barely touches the bird. Press lightly at ends of drumsticks and neck. Place in a 325° oven. Baste dry areas occasionally with pan drippings, cooking oil, or melted butter or margarine.

When the turkey is two-thirds done, cut the band of skin or string between legs so heat can reach inside of thighs. About 45 minutes before turkey is done, remove foil cap to assure even browning. Roast till thermometer registers 185° or till the thickest part of drumstick is very soft and the whole drumstick moves up and down and twists easily in the socket.

● **For easier carving,** let the bird stand 15 minutes after you remove it from the oven. To keep the bird warm, cover it loosely with foil.

● **To roast a whole turkey in foil,** set oven to 450°. Place turkey, breast up, in the center of a piece of greased, wide, heavy foil. Bring ends of foil up over breast; overlap fold and press up against ends of turkey. Place bird in shallow roasting pan without a rack. Place in oven. Open foil the last 20 minutes of roasting to brown turkey.

● **To roast halves or quarters,** season turkey with salt and place the halves or quarters, skin side up, on rack in shallow roasting pan. Brush skin with cooking oil or melted butter or margarine. Cap loosely with foil. Insert meat thermometer in center of inside thigh muscle or thickest part of breast, not touching bone. Roast, uncovered, in a 325° oven till thermometer registers 185°, removing foil the last 45 minutes of roasting.

Drawing: Graphic Corporation

TURKEY ROASTING CHART

Since each bird differs in size, shape, and tenderness, use the roasting times as a general guide.

Type of turkey	Ready-to-cook weight	Oven temp.	Guide to roasting time
Whole	6-8 lbs.	325°	3½-4 hrs.
	8-12 lbs.	325°	4-4½ hrs.
	12-16 lbs.	325°	4½-5½hrs.
	16-20 lbs.	325°	5½-6½hrs.
	20-24 lbs.	325°	6½-7½hrs.
Halves	9-10 lbs.	325°	5-5½hrs.
Breasts	3-5 lbs.	325°	1½-2½hrs.
	5-9 lbs.	325°	2½-3½hrs.
Hindqrtrs	2-6 lbs.	325°	2-4hrs.
Foil-wrapped turkey	7-9 lbs.	450°	2¼-2½hrs.
	10-13 lbs.	450°	2¾-3hrs.
	14-17 lbs.	450°	3-3¼hrs.
	18-21 lbs.	450°	3¼-3½hrs.
	22-24 lbs.	450°	3¼-3¾hrs.

Number of servings: When buying turkeys 12 pounds and under, allow ¾ to 1 pound per serving. For 12- to 24-pound turkeys, allow ½ to ¾ pound per serving.

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CHOCOLATE CHIP COOKIES

2½ cups sifted all-purpose flour
1 tsp. baking powder
½ tsp. salt
1 cup butter, softened
1 cup brown sugar, packed
½ cup granulated sugar
2 large eggs
1 tsp. vanilla
1 cup chopped Diamond Walnuts
1 cup semi-sweet chocolate pieces

Resift flour with baking powder and salt. Combine butter, sugars, eggs and vanilla; beat until light and fluffy. Stir in flour mixture, then walnuts and chocolate. Drop by rounded tablespoonfuls onto greased baking sheets, allowing room for spreading. Bake above oven center at 350°F. about 15 minutes, until edges are lightly browned. Let stand a minute; remove to wire racks to cool. Makes about 3½ dozen cookies, 2¾ to 3 inches diameter.

CALIFORNIA WALNUT PIE

½ cup brown sugar, packed
2 Tbsps. all-purpose flour
1¼ cups light corn syrup
3 Tbsps. butter
¼ tsp. salt
3 eggs
1½ tsps. vanilla
1 unbaked 9-inch pie shell
1 cup large pieces Diamond Walnuts

Mix brown sugar and flour in sauce pan. Add corn syrup, butter and salt; warm over low heat just until butter is melted. Beat eggs with vanilla. Stir in sugar mixture. Turn into pie shell; sprinkle with walnuts. Bake on lower rack of oven at 375°F. for 40 to 45 minutes, until filling is set in center. Cool before cutting. Makes one 9-inch pie.

CALIFORNIA WALNUT BREAD

3 cups sifted all-purpose flour
1 cup granulated sugar
4 tsps. baking powder
1½ tsps. salt
1½ cups coarsely chopped, toasted Diamond Walnuts, divided
1 egg, beaten
¼ cup soft shortening
1½ cups milk
1 tsp. vanilla

Resift flour with sugar, baking powder and salt into mixing bowl. Stir in 1¼ cups of the walnuts. Add egg, shortening, milk and vanilla. Mix just until ingredients are blended. Turn into greased and floured loaf pan, 9 x 5 x 3 inches. Sprinkle remaining ¼ cup walnuts over top. Bake at 350°F. for 60 to 70 minutes. Let loaf stand in pan 10 minutes, then turn out onto wire rack to cool. Makes 1 large loaf.



CHEWY WALNUT SQUARES

1 egg, unbeaten
1 cup brown sugar, packed
1 tsp. vanilla
½ cup sifted all-purpose flour
¼ tsp. baking soda
¼ tsp. salt
1 cup coarsely chopped Diamond Walnuts

Grease an 8-inch square pan. Stir together the egg, brown sugar, and vanilla. Quickly stir in flour, baking soda and salt. Add walnuts. Spread in pan and bake at 350°F. for 18 to 20 minutes. (Cookies should be soft in center when taken from oven.) Leave in pan; cut into 2-inch squares. Makes 16 squares.



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HAPPY THANKSGIVING BREAKFAST



Everybody makes delicious plans for Thanksgiving dinner and forgets that Thanksgiving breakfast ought to be special, too. Everybody except Fleischmann's® Yeast. This easy-to-bake cranberry filled coffee ring will get your family's festivities off to a happy-tasting start.

Holiday Cranberry Ring (Makes 2 rings)

4 cups unsifted flour (about)
½ cup sugar
1 teaspoon salt
1 package Fleischmann's® Active Dry Yeast
1 cup milk
¼ cup water
½ cup Fleischmann's® Margarine
1 egg (at room temperature)
1 egg yolk (at room temperature)
1 tablespoon water
Confectioners' sugar frosting

Mix 1½ cups flour, sugar, salt and undissolved yeast. Heat milk, water and margarine to 120°F.-130°F. Add to dry ingredients; beat 2 minutes at medium speed of electric mixer. Add egg and ¾ cup flour; beat 2 minutes. Stir in enough more flour to make a stiff batter. Cover bowl tightly. Refrigerate 2 hours or up to 3 days. Punch dough down (if necessary) (below). Roll dough into two 14x7-inch rectangles. Spread each with half of filling. Roll up from long side like a jelly roll; seal. Place in circles on greased baking sheets; seal ends together. Cut slits ⅔ through ring at 1-inch intervals; turn each section on its side. Cover; let rise in warm place (85°) about 1 hour.

Mix egg yolk and water; brush on rings. Bake at 375°F. 20 to 25 minutes or until golden brown. Cool. Frost with confectioners' sugar frosting.

Cranberry-Orange Filling: Heat 1 cup ground fresh cranberries, ½ cup ground fresh orange and ¾ cup dark brown sugar to boiling. Reduce heat; simmer 5 minutes. Cool.



For more holiday recipes you'll want to bake, send a stamped, self-addressed envelope to: Holiday Recipes, Box 924, Dept. D, Madison Square Station, New York, New York 10010.

Standard Brands

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FOOD

Turkey frame soup



Photograph: Dieter

To provide a happy ending for that festive holiday bird, recycle the turkey frame into this hearty and delicious vegetable soup.

TURKEY FRAME SOUP

1 meaty turkey frame
1 medium onion, quartered
3 medium tomatoes, quartered
1 teaspoon dried thyme, crushed
½ teaspoon dried oregano, crushed
8 cups fresh vegetables*
1 recipe Old-fashioned Egg Noodles

Place turkey frame in a large Dutch oven or kettle with 5 quarts *water*, onion, and 4 teaspoons *salt*. Bring to boiling. Reduce heat; simmer, covered, 1½ hours. Remove frame; cool till easy to handle. Remove meat from bones; discard bones. Strain broth. Return meat to broth with tomatoes, thyme, and oregano. Stir in vegetables. Bring to boiling; cover and simmer 45 minutes. Add noodles. Boil 15 minutes. Makes 12 servings.

*Vegetables can be any combination of chopped celery, carrot, onion, rutabaga, or broccoli; shredded cabbage; and cauliflowerets.

OLD-FASHIONED EGG NOODLES

1 beaten egg
2 tablespoons milk
1 to 1¼ cups all-purpose flour

In mixing bowl combine egg, milk, and ½ teaspoon *salt*. Add enough of the flour to make a stiff dough. Roll dough thinly on floured surface. Let stand 20 minutes. Roll up loosely. Slice ¼ inch wide. Unroll cut noodles; spread out. Let dry 2 hours. Use in Turkey Frame Soup.



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Saran Wrap® is already well known for its ability to keep food fresh in the freezer. And it's about to become known for its ability to keep foods more moist while cooking in the microwave.

In fact, to prove the superiority of Saran Wrap, a dramatic demonstration was recently conducted. We took an ice cube wrapped in Saran Wrap from the freezer and cooked it in a microwave oven until it melted and came to a boil. The Saran Wrap never ruptured and never melted.

When foods are wrapped in Saran Wrap and cooked in a microwave, they will retain more of their moisture and therefore keep more of their natural flavor.

And because Saran Wrap has a unique molecular structure, it seals moisture in and keeps the odor of other foods out.

So whether you're freezing food or cooking it in the microwave oven, try Saran Wrap.

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Note: SARAN WRAP is not to be used in a conventional oven



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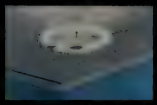


majority of table lamps and some ceiling sockets. There are only two parts. One is the light, which is a unique circular fluorescent with a pleasing soft quality that'll blend in well with the kind of light you're now using. The other part is the adapter, which screws into your present fixtures.

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Design: Cindy Keith. Source: Sims/Magazzine



to participate in making pizza, whipping up a zabaglione, or adding the final touches to an omelet. Storage beneath holds pots and pans on the cooking side and table linens opposite. A microwave oven tucks into an upper cabinet.

▲ The peninsula, which helps form the base leg of the kitchen's U shape, helps separate but not segregate the dining area from the work space. Friends can sip wine at the table while the cook of the evening performs in the kitchen and joins in the conversation. The close proximity of the island to the peninsula helps concentrate the working core into a small space. Sink, cooktop, and dishwasher are all within a few steps of one another.

KITCHENS

A kitchen for kibitzing

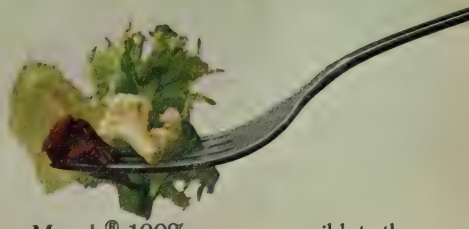
When the Keiths remodeled their kitchen, their goal was to make it fun as well as functional. They wanted a hobby center and a gathering place for their family.

▼ Placed center stage is a 4x4-foot center island topped with a stainless steel counter and outfitted with a self-venting cooktop. There's elbowroom on all sides for the whole family

Photographs: John Rogers. Architect: Russell Worley, Newhouse and Taylor



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Hershey's chocolate chips-
as natural as the kids
that munch 'em.



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The 100% natural chocolate chip.

Freezing turkey leftovers

Wondering what to do with t rest of the holiday bird? Freeze t leftovers and serve them at inte vals all winter long—in soup stews, sandwich fillings, cass roles, or creamed over toast. It's great way to stretch your foo budget. Here's how to ready t leftovers for the freezer.

Pre-freezer preparation

- Remove the stuffing from the bi and the meat from the bones as quic ly as possible after serving. Wrap ea separately and chill quickly.
- Chop, cube, grind, or slice the me depending on how you plan to use Then divide the meat into meal-siz portions and wrap them in moistur vaporproof material. Seal, label, a freeze. Do not refreeze cooked turk that's been thawed.
- If you have a favorite casserole th calls for poultry, plan to make it wi leftover turkey. You can save time b assembling the ingredients and free ing the unbaked mixture right in t ovenproof dish you will use for bakin Be sure to season these casserol lightly before freezing. Then add add tional seasoning during reheating.

Freezer storage time

- Keep sliced turkey for sandwich only one month. You can keep oth forms of turkey up to six months.

Thawing instructions

- Thaw leftover turkey meat in t refrigerator.
- If you're in a hurry, place the froze meat in a watertight container an immerse it in cold water. Be sure change the water frequently until t meat is thawed so that the meat do not become too warm.
- Casseroles need not be thawe Place them directly in the oven. Bak uncovered, in a 400° oven 1 to 2 hour If you prefer, thaw the casserole in th refrigerator overnight. Then cook directed in the recipe, adding 15 to minutes to the baking time.

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CURRANT JELLY GLAZED PORK ROAST

- 4 to 6 pound boneless pork loin roast (double loin, rolled, tied)
- 1 jar (10 ounces) currant jelly
- ⅓ cup light corn syrup
- 2 tablespoons cider vinegar
- ½ teaspoon dry mustard
- ¼ teaspoon ginger

Place roast on rack in shallow roasting pan. Insert meat thermometer so bulb is in center of thickest part of roast. Roast, uncovered, in 325°F. oven about 2½ to 3 hours or until meat thermometer registers 170°F. While roast is cooking, prepare glaze. Combine jelly, corn syrup, vinegar, dry mustard and ginger in saucepan. Bring to simmering stage; simmer 2 minutes. Brush glaze over roast several times during last 30 minutes of cooking time. Makes 8 to 10 servings.



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1 8-ounce container (1 cup) orange-flavored yogurt
1 8-ounce package cream cheese softened
⅔ cup sugar
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground ginger
1 cup canned pumpkin

Prepare pastry. On floured surfac roll to ⅛-inch thickness. Cut into s 7-inch circles. Fit into six 5-inch ta pans; press out bubbles. Trim crust ½ inch beyond edge; flute and pric shells. Bake at 425° for 10 to 12 mi utes. Cool on wire rack.

Soften unflavored gelatin in oran juice. Heat and stir till gelatin is di solved. Set aside. Beat together yogur cream cheese, sugar, spices, and dash *salt* till well blended. Stir i pumpkin and gelatin mixture till we combined. Chill till mixture mound when spooned. Turn into baked ta shells; chill several hours or overnigh Garnish with quartered orange slice if desired. Makes 6.

RUM-WALNUT PUMPKIN PIE
Pastry for one-crust 9-inch pie
1½ cups canned pumpkin
¾ cup packed brown sugar
1 teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon ground nutmeg

• • •

3 eggs
1 cup evaporated milk
3 tablespoons dark rum
¾ cup chopped walnuts
½ cup whipping cream
2 teaspoons granulated sugar

Prepare and roll out pastry. Line 9-inch pie plate with pastry; trim pastry to ½ inch beyond edge. Flut edge high; do not prick.

In bowl combine pumpkin, brow sugar, cinnamon, ½ teaspoon *salt* ginger, and nutmeg. Lightly beat egg into mixture with fork. Stir in evapo rated milk and rum; mix well. Stir i nuts. Place pie plate on oven rack pour pumpkin mixture into shell. T prevent over-browning, cover edge o pie with foil. Bake in 375° oven fo 25 minutes. Remove foil; bake 20 to 2 minutes more or till a knife inserte just off-center comes out clean. Coo on rack. Beat cream with granulate sugar on high speed of electric mixer t soft peaks. Spoon atop cool pie.

FOOD

Holiday pumpkin pies



Photograph: Dieter

PUMPKIN ORANGE TARTS

If you like, you can use this pumpkin filling to make one pie. Use pastry for a one-crust 9-inch pie, and bake in a 450° oven for 10 to 12 minutes—

Pastry for two-crust 9-inch pie
1 envelope unflavored gelatin
¼ cup orange juice

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Hands up, Arm & Hammer. It's Refrigerator Stick ®. The deodorizer designed exclusively for the gerator.

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Purchase by Nov. 25, 1979*
Light 'N Easy from General Electric is more compact than conventional irons and it weighs a lot less so it's easier to handle. It can handle big jobs and it's also handy for touch-up ironing. The Light 'N Easy irons even have big iron features like push-button spray or Surge of Steam.
Pick up a Light 'N Easy Iron from GE. Because a little iron can make a big difference.
*See GE dealer for details.
GENERAL ELECTRIC

Built-ins and track lighting, shown in the larger of the two photos, make the visual difference between a furnished landing and a functional multipurpose room. The simple storage unit keeps entertainment equipment, books and games neatly organized and easily accessible. A simple add-on shelf turned the window wall into a miniature greenhouse. Hanging plants, whimsical mobiles, and dancing marionettes take the place of a conventional window treatment.



Photographs: Maris/Semel. Design: Susan Action, Interalia Design Associates. Source: Estelle Bond Guralnick

DECORATING

A happy landing family room

Short on space? Don't overlook the room-making potential of one of the do-nothing areas found in most homes. One idea is to turn a bay window alcove into a handy home office simply by adding a desk and chair. Or, follow the lead of these homeowners, who converted a second-floor landing into a cozy, comfortable family room.

The stairway landing in this gracious older home is a natural gathering spot for the family because it's located between the master bedroom and the children's rooms. A love seat and plump modular chairs, tucked under the windows and along one wall, provide casual, sink-into seating. Durable slipcovers in a bold contemporary print are easily removed for laundering. The dark wall-to-wall carpet contrasts with the bright white walls and visually ties the landing to the stairs and bedroom beyond.



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t Cigarette Smoking Is Dangerous to Your Health.

100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL:
tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

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Great taste once belonged only to high tar cigarettes. Not any more. The secret? The specially designed Vantage filter works together with our rich tobacco blend to deliver smooth, satisfying flavor in every puff. That's Vantage 100's. Low tar with a uniquely satisfying taste. And that's the point.

100's

Also available in King Size, Regular and Menthol

A multipurpose room

Are you squeezed for space at your house? One of the best ways to ease the squeeze is to make one room do the work of two or more, as shown in this example.

Just about any room in your house is a candidate for conversion to double- or even triple-duty use. A den/guest room is a traditional combination, but there are other possibilities. Why not tuck a home office into a bedroom or dining room? Or put a sewing "room" in the kitchen?

The room shown here is home base for a vacationing college student but gets plenty of use the rest of the year as well. It's a guest room, a family den for television viewing, and a teen-ager's study all rolled into one.



Photographs: Ross Chapple. Source: Eileen A. Deymle

Crisply tailored modular furnishing provide flexible, comfortable seatin in the center of the room. Upholstere in practical charcoal gray, the unit are meant to take lots of wear and tear and so is the shag area rug. The lov seat section, *above*, is doubly useful; i opens to form a double bed.



Design: Dennis Ian Deutsch and Sharon Slee

A simple cube end table fits neatly into the angle created by the modular seating pieces; space underneath stores books. Behind the love seat, a slim Parsons table serves as a space-saving desk, and there's convenient wall-hung storage on the adjacent wall. Mini-slat blinds and bold, room-wrapping graphic stripes minimize the mismatched windows and help pull the space visually together. Bright red accents enliven the gray and white scheme.

Presenting the GE toaster that broils and bakes.



The GE Toast 'N Broil Toast-R-Oven® toaster.

Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters...and the pan pops right into the dishwasher for easy cleaning.

It's a great oven.

The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for. Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. Its thermostat controls the temperature from 200° to 500°F.



It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and ...lls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23.

Once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

Other items made by General Electric use Du Pont Teflon® non-stick coatings.

We bring good things to life.

GENERAL ELECTRIC

YOU'LL MAKE A MEMORY WHEN YOU MAKE THIS REAL

HOMEMADE PUMPKIN PIE

WITH A LITTLE HELP FROM LIBBY'S, PET, AND PET-RITZ.

Remember the aroma, the melt-in-your-mouth taste of homemade pumpkin pie? Now's the perfect time of year to share that warm memory with your family. And here's the perfect recipe:

Libby's Famous Pumpkin Pie Recipe, made extra easy with Pet and Pet-Ritz.

Preheat oven and cookie sheet to 375°. Remove one **PET-RITZ**® "Deep Dish" pie crust shell from freezer. Meanwhile, mix filling ingredients in order given.

Two eggs, slightly beaten. One can (16 oz.) **LIBBY'S**® Solid Pack Pumpkin. 3/4 cup sugar. 1/2 teaspoon salt. One teaspoon cinnamon. 1/2 teaspoon ginger. 1/4 teaspoon cloves. One Tall can (13 fl. oz.) **PET**® Evaporated Milk.

Recrimp edges of pie shell to stand 1/2" above the rim. Pour about half the filling into pie shell; place on preheated cookie sheet near center of oven. Pour remaining filling into pie shell.

Bake for 70 minutes or until knife inserted near center comes out clean. Cool on wire rack. Garnish with whipped cream and walnuts if desired.







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Allow 4-6 weeks for delivery. Offer good only in U.S.A., including Hawaii and Alaska. Void wherever taxed, prohibited or restricted by law. Offer expires February 29, 1980.



SPECIAL DIETS

DIABETIC EXCHANGES FOR PACKAGED FOODS

Last year, in our August and October issues, we published a two-part story in which we calculated diabetic exchanges for packaged convenience foods. Reader response was so strong that we decided to figure diabetic exchanges for more convenience foods and bring the information to you on two pages that you can clip and save.

As before, the information is based on product information provided by food companies as well as on the revised food exchange lists in the booklet *Exchange Lists for Meal Planning*. Copies of the booklet are available for 50 cents each from the American Diabetes Association, Inc., 1 West 48th Street, New York, N.Y. 10020; the American Dietetic Association, 420 North Michigan Avenue, Chicago, Ill. 60601; and any of the American Diabetes Association state affiliates.

Keep this chart handy to help you calculate diabetic exchanges for convenience products. Note that we have also included the calorie count for each serving. If you are a diabetic, we strongly recommend that you check with your doctor or consult a dietitian before using packaged exchanges in your diet.

SOUPS	SERVING SIZE	EXCHANGES PER SERVING	CALORIES PER SERVING
CAMPBELL'S® CONDENSED (prepared with water)			
cheddar cheese	11 ounces	1 milk + 3 fat	200
chicken, cream of	10 ounces	½ bread + 2 fat	140
chicken noodle	10 ounces	1 bread	90
clam chowder, Manhattan	10 ounces	1 bread + ½ fat	100
clam chowder, New England (prepared with nonfat milk)	10 ounces	½ milk + 1 bread + 1 low-fat meat	120
minestrone	10 ounces	1 bread + ½ fat	110
mushroom, cream of	10 ounces	1 bread + 2 fat	150
tomato	10 ounces	1 vegetable + 1 bread	110
vegetable	10 ounces	1 vegetable + 1 bread	100
vegetable beef	10 ounces	½ bread + 1 low-fat meat	90
vegetarian vegetable	10 ounces	1 bread	90
chunky chicken (undiluted)	9½ ounces	1 vegetable + 1 bread + 2 low-fat meat	200
chunky chili beef (undiluted)	9½ ounces	2 bread + 2 low-fat meat	260
chunky sirloin burger (undiluted)	9½ ounces	1 vegetable + 1 bread + 1 low-fat meat + 1 fat	210
BREADS AND CRACKERS			
SARA LEE®			
cinnamon rolls	1 roll	1 bread + 1 fat	105
caramel sticky buns	1 roll	1 bread + 1 fat	118
croissant rolls	1 roll	1 bread + 1 fat	109
Parker House rolls	1 roll	1 bread + ½ fat	73
poppy seed rolls	1 roll	½ bread + ½ fat	55
PEPPERIDGE FARM®			
goldfish crackers—cheddar cheese, parmesan cheese, lightly salted, pizza, sesame-garlic, or taco	45 to 50 crackers	1 bread + 1½ fat	140
goldfish thins—cheddar cheese, rye, or lightly salted	6 crackers	1 bread + 1 fat	105
croutons—cheddar cheese	½ cup	1½ bread + 1 fat	130
croutons—plain, seasoned, or onion-garlic	½ cup	1½ bread + 1 fat	140
PUDDINGS			
DEL MONTE PUDDING CUPS			
chocolate	5 ounces	2½ bread + 1 fat	197
vanilla, tapioca, butterscotch, banana, and strawberry	5 ounces	2 bread + 1 fat	186, 172, 180, 179, and 165
HUNT'S® SNACK PUDDINGS			
chocolate, banana	5 ounces	1½ bread + 2 fat	180
vanilla, butterscotch	5 ounces	1½ bread + 2 fat	190
tapioca	5 ounces	1½ bread + 2 fat	130

continued

FOR DELICIOUS ENTERTAINING ALL YEAR LONG, GET THIS SPECIAL COOKBOOK OFFER FROM HALLMARK. ONLY $1.75

This beautiful Hallmark "Celebrate the Four Seasons" Cookbook is yours for just $1.75 with a $5.00 purchase where Hallmark cards are sold.*

It contains over 25 full color photographs and 160 original recipes developed by noted food columnist Sylvia Schur. You'll find menu ideas, preparation tips, and delicious recipes that will make entertaining a success in any season. In fact, by taking advantage of this offer early, you'll be able to enjoy the recipes in the special Christmas holiday section.

So, this season when you're selecting your Hallmark cards and gifts for others, do something nice for yourself. Pick up a copy of the Hallmark "Celebrate the Four Seasons" Cookbook. You'll find it has unique entertaining ideas for every season of the year.

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Omelets go Almondine.

Try something nutty tomorrow. Try our Incredible Omelet Almondine. It's all natural, high in protein... and oh, so easy. Fillings? How about scrumptious strawberry preserves? Or sour cream? Or any of dozens of other things? The incredible edible egg and crisp, delicious Blue Diamond® Almonds. You probably have them both in your kitchen right now. So, on second thought, why wait till tomorrow?

The Incredible Omelet Almondine

2 servings

- 4 eggs
- ¼ cup water
- 1 teaspoon sugar
- Salt
- 2 tablespoons butter
- ½ cup Blue Diamond® Sliced Natural Almonds
- ½ to ⅔ cup dairy sour cream or yogurt
- 2 tablespoons strawberry or other fruit preserves

(1) Mix eggs, water, sugar and salt with fork. Set aside. **(2)** In 8-inch omelet pan or skillet over medium-high heat, toast almonds in butter until golden, about 1 to 2 minutes, stirring frequently. **(3)** Spoon almonds and about half the butter into a bowl, then put 3 tablespoons almonds back in pan. **(4)** Pour in half the egg mixture which should set at edges at once. **(5)** Carefully push cooked eggs to center and tip and tilt pan so uncooked eggs can flow to bottom. **(6)** While top is still moist and creamy-looking, fill with half of the sour cream and preserves. **(7)** Fold omelet over filling and turn out onto plate. **(8)** Keep warm while preparing remaining omelet: Put 3 tablespoons toasted almonds and remaining butter in pan. Add remaining egg mixture and cook and fill as above. **(9)** Garnish with remaining toasted almond slices.

The incredible edible egg™
American Egg Board

BLUE DIAMOND
the Almond People®

continued

DIABETIC EXCHANGES

PUDDINGS (cont'd.)	SERVING SIZE	EXCHANGES PER SERVING	CALORIES PER SERVING
JELLO® REGULAR PUDDING MIXES (prepared with nonfat milk)			
butterscotch, chocolate, vanilla, and vanilla tapioca	½ cup	½ milk + 1½ bread	140, 130, 120, and 130
ROYAL® REGULAR PUDDING MIXES (prepared with nonfat milk)			
vanilla, vanilla tapioca, banana, and butterscotch	½ cup	½ milk + 1½ bread	120
chocolate, chocolate tapioca, and dark 'n sweet	½ cup	1 milk + 1½ bread	160
MAIN DISHES			
MORNINGSTAR FARMS®			
breakfast patties	2 patties	2⅓ low-fat meat + 1½ fat + ⅓ bread	221
breakfast strips	3 strips	½ low-fat meat + 1¾ fat	114
breakfast links	3 links	2 low-fat meat + 1½ fat	186
luncheon slices	2 slices	1 low-fat meat + ⅓ bread	87
SWIFT			
Sizzlean®	2 strips	1 high-fat meat	101
SWANSON® (canned products only)			
boned chicken or turkey	2½ ounces	2 low-fat meat	110
chicken spread	1 ounce	1 low-fat meat	70
chunk white chicken	2½ ounces	2 low-fat meat	110
beef stew	7½ ounces	1 vegetable + 1 bread + 1 low-fat meat + 1 fat	190
chicken stew	7½ ounces	1 vegetable + 1 bread + 1 low-fat meat + 1 fat	180
chicken a la king	5¼ ounces	½ bread + 2 low-fat meat + 1 fat	190
chicken and dumplings	7½ ounces	1 bread + 2 low-fat meat + 1 fat	230
chili con carne with beans	7¾ ounces	2 bread + 2 low-fat meat + 1½ fat	310
DINTY MOORE®			
beef stew	7½ ounces	½ bread + 1½ low-fat meat + 1 vegetable + 1 fat	180
vegetable stew	7½ ounces	1 bread + 1 vegetable + 2 fat	160
noodles 'n chicken	7½ ounces	1 bread + 1 low-fat meat+ 2 fat	215
HORMEL			
noodles 'n beef	7½ ounces	1 bread + 1 low-fat meat + 2 fat	240
spaghetti and meatballs	7½ ounces	1½ bread + ½ low-fat meat + 1 fat	170
beef goulash	7½ ounces	1 bread + 1½ low-fat meat + ½ vegetable + 2 fat	240
HEINZ			
vegetarian beans in tomato sauce	8 ounces	1 vegetable + 1 fruit + 2 bread	220
beef stew	7¼ ounces	1 vegetable + 1 bread + 1 low-fat meat + 1 fat	200
chicken stew with dumplings	7¼ ounces	1 vegetable + 1 bread + 1 low-fat meat + 1 fat	200
macaroni in cheese sauce	7½ ounces	1½ bread + 1 low-fat meat + ½ fat	180
spaghetti with meat sauce	7¼ ounces	1 vegetable + 1 bread + ½ low-fat meat + 1 fat	170
CAKES			
SARA LEE®			
pound cake	1/10 cake	1 bread + 1 fat	124
golden cake	1/8 cake	2 bread + 1½ fat	188
chocolate cake	1/8 cake	1½ bread + 2 fat	185
strawberry French cream cheesecake	1/8 cake	2 bread + 3 fat	258
chocolate brownies	1/8 pkg.	1½ bread + 2 fat	200
PEPPERIDGE FARM®			
German chocolate cake	1/10 cake	1½ bread + 1 fat	160
pound cake—butter or chocolate	1/10 cake	1 bread + 1½ fat	130

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CHEESE THAT GOES ANYWHERE
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TO THE RETAILER: Coupon will be redeemed for 10¢ plus 5¢ handling when you comply with offer terms. Any other application constitutes fraud. Invoices proving sufficient purchases of this product to cover coupons presented must be available on request. Consumer to pay applicable sales tax. Coupon may not be assigned or transferred by you. Coupon void when presented by outside agency or broker or where use is prohibited, restricted or taxed. Good only in U.S.A. Cash value 1/20¢. Mail to: Nabisco, Inc. P.O. Box 1754, Clinton, Iowa 52734. Only one coupon redeemed per purchase. COUPON EXPIRES NOVEMBER 30, 1980.
10¢
Look for Snack Mate Cheese Spreads near Nabisco Crackers at your store.
10¢

Coconutty desserts

Call on crunchy, flavorful coconut when you want to produce a dessert that's party-special. Our two make-ahead candidates are easy as well as impressive. To toast coconut, spread it in a shallow pan and bake in a 350° oven for 5 minutes or till lightly browned.



COFFEE-COCONUT MOUSSE

- **⅔ cup sugar**
- **2 tablespoons instant coffee granules**
- **1 envelope unflavored gelatin**
- **¾ cup milk**
- **2 cups whipping cream**
- **1 3-ounce can (1⅓ cups) flaked coconut, toasted**

In a 2-quart saucepan combine sugar, coffee granules, gelatin, and dash *salt*. Add milk. Heat, stirring constantly, till the sugar, coffee granules, and gelatin are dissolved. Chill till mixture is partially thickened (consistency of unbeaten egg whites). Whip cream just to soft peaks. Fold cream into the gelatin mixture along with *1 cup* of the coconut. Place 2-inch-wide strips of foil around ½-cup soufflé dishes so that it extends 1 inch above the rim; tape to secure. Spoon in coconut mixture, piling to top of collar. Or turn mixture into foil-lined loaf pan. Cover and freeze firm. Let mousse stand for 10 minutes at room temperature before serving. Remove foil collars from soufflé dishes or spoon into sherbet glasses. Sprinkle remaining coconut atop and garnish with a maraschino cherry, if desired. Serves 8.

continued

Soup Starter and Butterball® Turkey. All you need for homemade turkey soup.



Now is the perfect time of year to make real homemade turkey soup. Start with Soup Starter, Chicken Noodle, Chicken Rice, or new Chicken Vegetable; add your leftover Butterball turkey and simmer ninety minutes. When you taste the big, juicy vegetables, luscious stock and seasonings, you'll know you have real homemade turkey soup.

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Dealer: Send this coupon to SWIFT & COMPANY, COUPON REDEMPTION, P.O. BOX 1030, CLINTON, IOWA 52734, and it will pay you 15¢ plus 5¢ for handling, provided redemption is made in accordance with terms hereof. Coupons shall be accepted only with the sale of Soup Starter recipes. They are not transferable and must be submitted directly and not through an agency. Invoices covering purchases by you must be submitted upon request. The consumer must pay any sales tax involved. This offer void wherever prohibited, taxed or restricted by law. Cash value of this coupon is 1/20 of 1¢. Good only on brand specified—any other use constitutes fraud.
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Why do Libby's Juice Pack Fruits taste so fresh?

REAL FRUIT JUICE MAKES THE DIFFERENCE

(No Heavy Syrup)

Libby's took fresh fruits, firm and ripe and rich with flavor, and packed them in lightly sweetened real fruit juices to give you the fresher fruit taste you want. Libby's Juice Pack Fruits. Peaches, Pears and Fruit Cocktail as fresh and delicious as if you'd picked them yourself.

Libby's
Libby's
Libby's



continued

Coconutty desserts

COCONUT CRUNCH TORTE

This dessert is so easy, uncomplicated, and delicious that your friends will ask for the recipe—

1 cup flaked coconut
½ cup graham cracker crumbs (7 square crackers)
⅓ cup chopped cashew nuts

• • •

4 egg whites
1 teaspoon vanilla
½ teaspoon salt
1 cup sugar

• • •

Frozen whipped dessert topping, thawed or vanilla ice cream

In a small bowl combine coconut, graham cracker crumbs, and cashews. Set aside. In a large mixer bowl beat egg whites, vanilla, and salt till soft peaks form (tips curl over). Add sugar, a tablespoon at a time, beating till stiff peaks form (tips stand straight). Fold in coconut mixture. Spread in a well-greased 9-inch pie plate. Bake in a 350° oven for 30 to 35 minutes or till lightly browned. Place on wire rack and cool completely. To serve, cut torte in wedges and top with whipped topping or vanilla ice cream. Garnish with additional cashews, if desired. Makes 6 to 8 servings.



Photographs: Dieter

Royal Prince Yams...
make it more than just a meal



Holidays are a time when you want to serve your best, and a time to use our best... Royal Prince Yams. They're the fancy grade yams with a delicate sweet taste and a deep rich color that's sure to enhance a favorite recipe.

SOUTHERN PEACH YAM BAKE

- ½ cup packed brown sugar
- 3 Tbsp. flour
- ½ tsp. nutmeg
- 2 Tbsp. margarine
- ½ cup chopped pecans
- 2 (17-oz.) cans Royal Prince Yams drained
- 1 (16-oz.) can peach slices, drained
- 1½ cups miniature marshmallows

Combine sugar, flour and nutmeg; cut in margarine until mixture resembles coarse crumbs. Add nuts. Arrange yams and peaches in 1½ quart casserole; sprinkle with sugar mixture. Bake at 350 degrees, 35 minutes. Sprinkle with marshmallows. Broil until lightly browned. 6 servings.



Royal Prince Yams...a delicious, nutritious holiday tradition.



A BAGFUL OF NEW BAKING IDEAS



Discover the exciting new taste Bits 'O Brickle toffee chips give everything you bake. It's easy! Just add Bits 'O Brickle to any prepared mix or your own favorite recipe before baking. Your cookies, brownies, cakes, pies, muffins and breads will have a distinctive, delicious toffee flavor you'll love. Because Bits 'O Brickle makes good things better!

NEW IDEAS

EAT WELL, GET SLIM, STAY TRIM!

Getting slim and staying trim doesn't have to be a chore, and diet menus don't have to be tasteless and unexciting. At first glance, the recipes in the newly-revised *Eat and Stay Slim Cook Book* from Better Homes and Gardens® appear to be a collection of super menu ideas that the whole family will love. And that's exactly what they are...with one important difference: each tempting recipe is based on a food exchange system that counts calories for you, letting you eat most of the food you like. You enjoy a normal, properly balanced diet that appeals to slimmers and non-slimmers alike. Included is information on the hows and whys of weight reduction, complete recipes from appetizers to main dishes, plus a neat clip-out pocket guide that lets you use the exchange system even when eating out. The hardcover, 96-page *Eat and Stay Slim Cook Book* is only $3.95, and available wherever books are sold.

230 ITALIAN RECIPES FROM ALL OVER ITALY

There's a lot more to Italian food than pizza and spaghetti, and Italian cooking uses a lot more ingredients than tomatoes and garlic. The new Better Homes and Gardens *Italian Cook Book* features 230 recipes from all over Italy, adapted so that the average American cook can make them using readily available ingredients. From *antipasti* (before-the-meal foods such as stuffed vegetables, fried cheese and paper-thin *prosciutto*) to *zabaglione* (a classic dessert made of egg yolks, sugar and wine), the *Italian Cook Book* makes real Italian cooking a delight. So, tonight, dine in Italy. All you need is this new 96-page, hardcover cook book, a little imagination and maybe a little gypsy in your soul. And while you're adding a touch of foreign flair to your cooking, why not take a look at two other companion cook books that will spread your culinary wings even wider? The *Mexican Cook Book* takes you south of the border to old Mexico, and the *Oriental Cook Book* features 162 easy-to-prepare recipes from China, Japan and Korea. All are available wherever books are sold for just $3.95 each.



DOZENS OF HOLIDAY CRAFT PROJECTS TO MAKE AT HOME

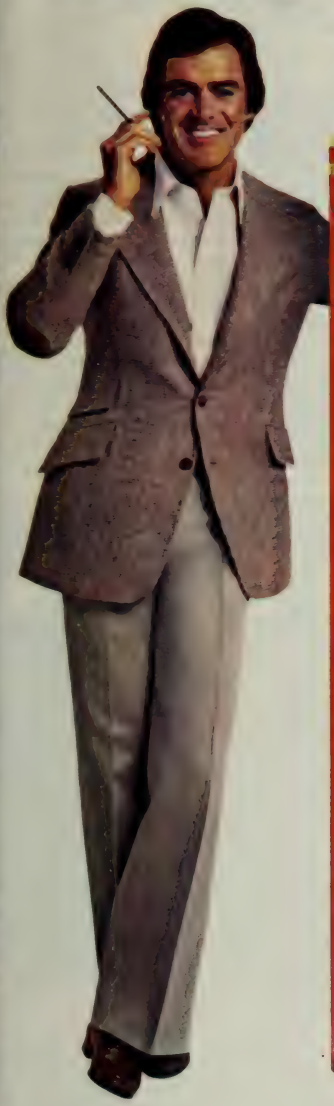
The holiday season is just around the corner, so now's the time to be thinking about gift and decoration ideas that are a little bit different. And what gifts are more appreciated than the ones you create yourself — so much more original than ready-made gifts and decorations that could come from any store. This new Special Interest Publication from the craft editors of Better Homes and Gardens is aptly titled *Holiday Crafts*. In it are dozens of delightful projects that'll get the whole family thoroughly into the holiday spirit — and keep them happily busy, too. There are sections on handmade dolls, homespun wreaths, ornaments and decorations and timeless wooden toys. Also featured are one-of-a-kind pillows and fabulous knit and crochet gifts for children — in all, 112 pages of clever craft projects, including 8 pages of full-color, full-sized patterns, plus 32 pages of how-to's and instructions. *Holiday Crafts* is at your newsstand now — so why not start working on these projects, and make the coming season the most festive one yet.

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"I get great, satisfying taste with More. And More is 120mm long, so the taste lasts longer. That's why I get an *extra* measure of satisfaction.

"More also has the style that could only come from a long, slim, brown cigarette. I'm much more satisfied with More."

More. For that extra measure of satisfaction.





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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

21 mg. "tar", 1.8 mg. nicotine av. per cigarette by FTC method.

STEP-BY-STEP COOKING

KOLACHES

If you're fond of pastry-shop sweets, try this recipe for an old-world classic, Kolaches. Once you make your own, you may never want to buy them at a bakery again. Our step-by-step directions make it easy to turn a basic cinnamon yeast dough into perfect pastries every time. What's more, you can have your choice of prune or apricot fillings.

KOLACHES

- **1 package active dry yeast**
- **¼ cup warm water (110° to 115°)**
- **¾ cup milk**
- **½ cup butter *or* margarine**
- **¼ cup sugar**
- **1 teaspoon salt**

• • •

- **3¾ to 4¼ cups all-purpose flour**
- **¼ teaspoon ground cinnamon**

• • •

- **2 eggs**
- **1 teaspoon finely shredded lemon peel**



Photographs: Dieter

- **1 recipe Prune *or* Apricot Filling**
- **Sifted powdered sugar (optional)**

Step 1: In a bowl add yeast to water, stirring to dissolve yeast. In a saucepan heat milk, butter or margarine, sugar, and salt to just warm (115° to 120°), stirring till butter almost melts.

Step 2: In large mixing bowl stir together *2 cups* of the flour and the cinnamon; beat in the milk mixture. Add softened yeast, eggs, and lemon peel; beat well.

Step 3: Stir in as much of the remaining flour as you



Turn plain cream pie into creamy light Dream Pie. So easy and m-m-m... so delicious!

On the left, a plain chocolate cream pie. On the right, a luscious Chocolate Dream Pie. It's made with DREAM WHIP® Whipped Topping Mix, extra JELL-O® Brand Instant Pudding and milk. That makes the creamy light difference. And each piece of Dream Pie holds its shape beautifully, so it's really pretty.

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So go ahead, turn your plain cream pies into light, lovely Dream Pies.

It's incredibly easy.

Just follow the simple recipe on the right.

GF GENERAL FOODS



Step 3

can mix in with a spoon. Turn out onto lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough. Continue kneading till smooth and elastic, 5 minutes. Shape into a ball. Place dough in a lightly greased bowl; turn once to grease surface.

Step 4: Cover; let rise till double, 1 to 1½ hours. Punch down; turn out onto lightly floured surface. Divide dough into two portions. Cover; let rest 10 minutes.

Step 5: Divide and shape each half into 9 balls. Place 3 inches apart on



Step 7

greased baking sheets.

Step 6: Flatten each of the balls to a 3-inch circle. Cover; let rise in warm place till double, about 45 minutes.

Step 7: With your fingers, make a depression in center of each.

Step 8: Spoon a heaping tablespoon of the Prune or Apricot Filling evenly into each depression.

Step 9: Bake in 375° oven for 12 to 15 minutes or till golden brown. Remove pastries to wire rack; cool completely. Dust pastries lightly with sifted powdered sugar, if desired. Makes 18 rolls.



Step 8

Prune Filling: In a saucepan combine 2 cups coarsely snipped pitted *dried prunes* and enough water to come 1 inch above prunes. Simmer, covered, 10 minutes; drain. Stir in ½ cup chopped *walnuts,* ⅓ cup *sugar,* 2 teaspoons *lemon juice,* and ½ teaspoon *ground cinnamon.* Cool.

Apricot Filling: In saucepan combine 2 cups coarsely snipped *dried apricots* and *water* to come 1 inch above apricots. Simmer, covered, for 10 minutes; drain. Stir in ⅓ cup *sugar,* 1 tablespoon *butter or margarine,* and ½ teaspoon *ground nutmeg.* Cool.

DREAM PIE



Chocolate Dream Pie...as simple as a, b, c.

- 2 envelopes DREAM WHIP® Whipped Topping Mix
- 2¾ cups milk
- 2 packages (4-serving size) JELL-O® Brand Chocolate Flavor Instant Pudding and Pie Filling or any other flavor
- 1 baked 9-inch pie shell, cooled, or 9-inch graham cracker crust.

a. Prepare whipped topping mix as directed on package (using 1 cup milk) in large mixing bowl. Add remaining 1¾ cups milk and pudding mix.

b. Whip, then beat at high speed for 2 minutes, scraping bowl occasionally.

c. Spoon into pie shell. Chill at least four hours.



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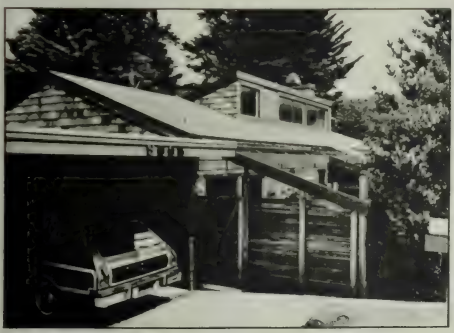
Light for a dark living room

The owner of this small builder's house cheered up his gloomy living room by adding a dramatic clerestory and making a few structural changes. Now the room is flooded with light most of the day, and the exterior of the house has a bright new look as well.



Photographs: Brad Lynn. Architect: Peter G. Scott. Source: Barbara East Cathcart

To build this simple clerestory, the owner first opened up the living room by removing a four-foot section of the flat roof above the existing beams. Then he pitched a new roof and installed a bank of three-foot-high clerestory windows facing the front of the house. The clerestories run the entire length of the living room and entry area.



The newly raised roof, built right over the existing flat roof, soars to a height eight feet above the old roof line and runs the full length of the house. If your roof is already pitched, simply cut into it to install clerestories. The new roof line, combined with the shingling of the exterior, give this house a new personality, inside and out.



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Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

SET A STUNNING TABLE WITH HOUSEPLANTS

Page 57: China "Vine Harvest"—Royal Worcester Spode, Inc., 26 Kennedy Blvd., E. Brunswick, N.J. 08816. Stemware "Williamsburg Air-Twist"—Foreign Advisory Service Corp., Princess Anne, Md. 21853. Sterling "Kirk King"—Samuel Kirk & Son, Inc., Kirk Ave. & 25th St., Baltimore, Md. 21218. Candlesticks—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, Mass. 02780. Flower box—Foreign Advisory Service Corp. (address above). Candles—Colonial Candle, Box 670, Hyannis, Mass. 02601.

Page 58 (top): China "White Nile"—Doulton and Co., Inc., 400 Paterson Plank Rd., Carlstadt, N.J. 07072. Stemware "Iris"—Rosenthal USA, Ltd., 411 E. 76th St., N.Y., N.Y. 10021. Sterling "Diamond"—Reed & Barton Silversmiths (address above). Glass salad bowls (planters)—West Virginia Glass Specialty Co., Inc., P.O. Box 510, Weston, W.Va. 26452. Wood fish—Folklorica Imports, Inc., 24 E. 21st St., N.Y., N.Y. 10010. Chemical containers—Arthur H. Thomas Co., Vine St. at 3rd, P.O. Box 779, Philadelphia, Pa. 19105. Chairs "Cypress Chair"—Conran's, 145 Huguenot St., New Rochelle, N.Y. 10801. Carved swan—Potcovers, Inc., 101 W. 28th St., N.Y., N.Y. 10001. (Bottom): China "Libellule"—Longchamp Faience, 225 Fifth Ave., N.Y., N.Y. 10010. Stemware "Argus"—Fostoria Glass Co., 1200 First St., Moundsville, W.Va. 26041. Flatware (wood handles) "Country"—Conran's (address above). Table cover—Laura Ashley, 714 Madison Ave., N.Y., N.Y. 10021. Salt and pepper "Pigs in a Poke"—Fitz and Floyd, 1371 Round Table, Dallas, Tex. 75347. Fruit in jars—Silver Palate, 274 Columbus Ave., N.Y., N.Y. 10023.

Page 59: China "Williamsburg Cuckoo"—Wedgwood, 41 Madison Ave., N.Y., N.Y. 10010. Stemware "Ariana"—The Gorham Co., 333 Adelaide Ave., Providence, R.I. 02907. Sterling "English Onslow"—Oxford Hall Silversmiths, 225 Fifth Ave., N.Y., N.Y. 10010. Cruets—Fostoria Glass Co. (address above). Cachepot "Countryware"—Wedgwood (address above). Napkin rings "Narcissus"—Villeroy & Boch, 41 Madison Ave., N.Y., N.Y. 10010. Breadboard—Williams-Sonoma, Mail Order Dept., P.O. Box 3792, San Francisco, Calif. 94119. Pillow fabric—Brunschwig & Fils, Inc., 979 Third Ave., N.Y., N.Y. 10022.

Pages 60-61 (right): China "Lace Point"—Lenox China, Inc., Lawrenceville, N.J. 08648. Stemware "Hibiscus"—Taitu U.S., 2150 Irving Blvd., Dallas, Tex. 75207. Sterling "Melrose"—The Gorham Co. (address above). Candlesticks—Reed & Barton Silversmiths (address above). White napkin—Ulster Weaving Co., Ltd., 118 Madison Ave., N.Y., N.Y. 10016. Candles—Colonial Candle (address above). (Bottom): Dinnerware "Kaleidoscope"—Franciscan, 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Flatware (red handles) "Bistro I"—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, N.J. 08873. Flatware (stainless) "American Colonial"—Oneida Ltd. Silversmiths, Oneida, N.Y. 13421. Table, picture, and frame—Conran's (address above). Crates—The Cracker Barrel, 527 Narberth Ave., Haddonfield, N.J. 08033. Floral plates—Mythology Unlimited, Inc., 370 Columbus Ave., N.Y., N.Y. 10024.

SEE WHAT YOU CAN GAIN BY SUBTRACTING A CEILING!

Page 62: Loveseat—Due Sofas, Maryland Bedding Co., 3901 Washington Blvd., Baltimore, Md. 21227. Side chairs—M. Lowenstein and Sons, Inc., 1430 Broadway, N.Y., N.Y. 10018.

Page 63 (bottom): Blinds—Levolor Lorentzen Inc., 720 Monroe St., Hoboken, N.J. 07030.

Page 64: Sofa—Metropolitan Furniture Corp., 950 Linden Avenue, South San Francisco, Calif. 94080. Glass tables—J. C. Penney Co., Inc., 1301 Avenue of the Americas, N.Y., N.Y. 10019. Recessed Lighting—Progress Lighting Co., G St. and Erie Ave., Philadelphia, Pa. 19134. Carpet—Stratton Industries, Inc., P.O. Box 1007, Cartersville, Ga. 30120.

Page 65 (bottom): Area rug—House of Denmark, 1819 Piedmont Rd. N.E., Atlanta, Ga. 30324. Storage/bench units—Storehouse, 2737 Apple Valley Rd., N.E., Atlanta, Ga. 30319.

Page 66: Sofa—Thayer-Coggin, Inc., 427 S. Road, High Point, N.C. 27262. Track lighting—Lightolier, Inc., 346 Claremont Avenue, Jersey City, N.J. 07305.

COUNTRY—FOUR GREAT LOOKS YOU'LL LIKE

Page 155 (middle left): Table and chairs—Lee L. Woodard & Sons, Inc., 317 S. Elm St., Owassa, Mich. 48867. (Middle right): Chairs—Ethan Allen, Inc., Ethan Allen Dr., Danbury, Conn. 06810. (Bottom right): Carpet—Cabin Craft, Inc., West-Point Pepperell, Carpet & Rug Div., P.O. Box 1208, 120 E. Morris St., Dalton, Ga. 30720.

Page 156: Wing chair—Pennsylvania House, Lewisburg, Pa. 17837.

Page 158: Upholstered chairs—Baker Furniture Co., 10 Milling Rd., Holland, Mich. 49423.

Page 159: Coffee table, cigarette table, corner chair and wing chair—Hickory Chair Co., Box 2147, Hickory, N.C. 28601.

Page 160: Rug—F. Schumacher & Co., 939 Third Ave., N.Y., N.Y. 10022. Sofa and drapery fabric—Brunschwig & Fils, 979 Third Ave., N.Y., N.Y. 10022. Armchair and two small tables—Trouvailles, Inc., 64 Grove St., Watertown, Mass.



02172. Commode and lamp—Chapman Mfg. Co., 481 W. Main St., Avon, Mass. 02322. Sofa table—Baker Furniture Co. (address above).

Page 161 (top): Rug "Marbella"—Concepts International, 919 Third Ave., N.Y., N.Y. 10022. Daybed—Thomasville Furniture Industries, Inc., P.O. Box 339, Thomasville, N.C. 27360. Bed cover, toss pillows, and lampshade cover—Pierre Deux, 353 Bleecker St., N.Y., N.Y. 10014. (Bottom): Rug—Karastan Rug Mills, 919 Third Ave., N.Y., N.Y. 10022. Table—National Mt. Airy, P.O. Box 669, Bassett, Va. 24055. Chairs—Drexel-Heritage Furnishings, Drexel, N.C. 28619. Drapery fabric—Brunschwig & Fils (address above).

Page 162: Rug—Pirjos, 365 Huron Ave., Cambridge, Mass. 02138. Bed, nightstand, armoire—Sugar Hill Furniture Corp., 95 Mail St., Lisbon, N.H. 03585. Quilt—Artisans Cooperative, 175-K South Market, Faneuil Hall Marketplace, Boston, Mass. 02109. Chair—Bassett Furniture Industries, P.O. Box 669, Bassett, Va. 24055.

Page 163: Carpet and area rug—Stark Carpet Corp., 979 Third Ave., N.Y., N.Y. 10022. Modular seating—Thayer Coggin Institutional, Inc., P.O. Box 5867, High Point, N.C. 27262. Rocking chair and coffee table—Crate and Barrel, 1045 Massachusetts Ave., Cambridge, Mass. 02138. Duck print—R. G. Schnoor (address above)

HOW TO GIVE YOUR CABINETS A FACE-LIFT

Pages 166-167 (right): Range—Jenn-Air, 3035 Shadeland, Indianapolis, Ind. 46226. Sink—Kohler, Kohler, Wis. 53044. Counter top—WilsonArt, 600 General Bruce Drive, Temple, Texas 76501. Flooring—Armstrong, Lancaster, Pa. 17604. Canisters—Boston Warehouse, 39 Rumford Ave., Waltman, Mass. 02154. Dinner plates—Fitz & Floyd, 1371 Round Table Drive, Dallas, Texas 75247. Glasses—Lenox, Inc., Prince and Meade Sts., Trenton, N.J. 08605. Pans—Regal Ware, Inc., 1675 Reigle Drive, Keaskum, Wis. 53040. Dishwasher—KitchenAid, Division of the Hobart Mfg. Co., Troy, Ohio 45374.

Kitchen #1: Flooring—Bruce Hardwood Ind., 4255 LBJ Freeway, Dallas, Texas 75234. Measuring cup—Pyrex, Corning Glass Works, Corning, N.Y. 14830. White bowl with blue trim—Boston Warehouse (address above). Brown pitcher—Denby Stoneware, Ltd., Millard Norman Co., 4688 Paddock Rd., Cincinnati, Ohio 45229. Black saucepan on stove—Regal Ware, Inc. (address above). Canisters—Boston Warehouse (address above).

Kitchen #2: Counter—WilsonArt (address above). Sink—Elkay, 2222 Camden Ct., Oak Brook, Ill. 60521.

Kitchen #3: Pie plate—Pyrex (address above). Counter—Dupont Corian, 350 5th Ave., Room 1116, N.Y., N.Y. 10001. Cups, plates, creamer and sugar—Reco International Corp., 138 Haven Ave., Port Washington, N.Y. 11050. Fabric—John Wolf Fabrics, 261 5th Ave., N.Y., N.Y. 10016. Basket-weave canisters and box—Boxes/Ashfield, 225 5th Ave., N.Y., N.Y. 10010.

Kitchen #4: Counter—American Olean, a Division of National Gypsum Co., Lansdale, Pa. 19446. Granola bowl—Cordon Bleu, Inc., P.O. Box 627, Burlingame, Calif. 94010. Canning jars—Ball Brothers, 402 N. Calvert St., Muncie, Ind. 47302. White pitcher with blue stripe—Bridge Co., 212 E. 52nd St., N.Y., N.Y. 10022.

Kitchen #5: Counter—American Olean (address above). Canvas—Precision Sewing, 3120 Delaware, Des Moines, Iowa 50313. White skillet—Club Aluminum Products Co., 9205 Detroit Ave., Cleveland, Ohio 44102. Cups—Holt/Howard Assoc., Inc., 639 Canal St., Stamford, Conn. 06901. Canisters—Ma-Leck Woodcrafts, Inc., P.O. Box 269, Wingate, N.C. 28174.

Kitchen #6: Counter—WilsonArt (address above). Flooring—Armstrong (address above).

Kitchen #7: Sink—Elkay (address above). Counter—WilsonArt (address above). Cups and saucers—Sigma-Tastesetter, 225 5th Ave., N.Y., N.Y. 11050. Canisters—Kromex, 880 E. 72nd St., Cleveland, Ohio 44102. Tray—Cardinal China Co., P.O. Box D—High St., Carteret, N.J. 07008. Espresso maker—Coffee & Tea, Ltd., 1481 3rd St., San Francisco, Calif. 94107. Cappucino steamer—Hoan Products, Ltd., Ramsey, N.J. 97446. Vase—Swedish Products L.C., 6235 N. Clark St., Chicago, Ill. 60626.

STEP BY STEP TO CREATIVE CANDY MAKING

Page 171: Mixer—Sunbeam Corp., 5400 W. Roosevelt Rd., Chicago, Ill. 60650.

Page 173: Saucepan—Copco Inc., 230 Fifth Ave., N.Y., N.Y. 10001. Thermometer—The Taylor, Smith, & Taylor Co., P.O. Box 1028, E. Liverpool, Ohio 43920.

HOW TO BUILD A WEEKEND OF GREAT MEALS

Page 174 (back): Dessert dishes—Arabia of Finland, 5603 Howard St., Niles, Ill. 60648.

Page 176 (front): Skillet—Copco, Inc., 230 Fifth Ave., N.Y., N.Y. 10001. (Right): Coffeepot and cup and saucer "Exotic Yellow"—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021. (Center): Fruit dish—Arabia (address above). (Left): Shrimp plate—Arabia (address above).

Page 177 (back): Salt and pepper "Wheatstone"—Trend-Pacific Inc., 2817 S. Hill St., Los Angeles, Calif. 90007. (Right): Soup bowl "Wheatstone"—Trend-Pacific (address above).

Page 178 (back left): Small dessert dish "Transition"—Fostoria Glass Co., 1200 First St., Moundsville, W. Va. 26041.

PRIZE TESTED RECIPES

Page 191 (left): Serving utensils—Etco Industries, Inc., 225 5th Ave., N.Y., N.Y. 10010. (Right): Serving spoon "Multi"—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010.

Page 192 (left): Cruet—Anchor Hocking Glass Corp., 5th and Pierce Sts., Lancaster, Ohio 43130. (Center right): Decanter—Kosta Boda USA Ltd., 225 Fifth Ave., N.Y., N.Y. 10010. Wineglasses—The Silver City Glass Co., Inc., 122 Charles St., Meriden, Conn. 06450. Serving utensils—Flint, Ekco Housewares Co., 9234 W. Belmont Ave., Franklin Park, Ill. 60131. (Right): Platter and dinner plate "Potters Wheel"—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010.

HE COOKS: SPENNY'S FAVORITE CHICKEN

Page 206 (right): Baking dish—The Pfaltzgraff Co., 140 E. Market St., York, Pa. 17401.

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Kim Garretson

Good News

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Halogen Sealed Beam Headlamps, about $20 each (four sizes and shapes available). Wagner Electric Corp., Marketing Services Dept., 100 Misty Lane, Parsippany, N.J. 07054.

continued



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Good News



Self-cleaning tabletop oven

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Model 380 Continuous Cleaning Toaster Oven/Broiler, about $80. McGraw Edison, 181 N. Stadium Blvd., Columbia, Mo. 65201.

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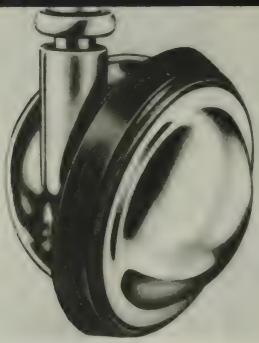
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Barbara Humeston

Coping with common pet problems



Of course, the best strategy is to keep your pet from adopting bad habits in the first place. But if you've slipped up somewhere, here are some tips to help you cope with common pet problems and get your pet's behavior back in line.

Consistency, persistency, and patience are the keys. Make sure, too, that your pet understands precisely what behavior you expect and that your discipline is always close on the heels of the offense. Praise for good performance also figures into any effective training scheme. If your pet is a dog, a simple course in obedience training will go a long way in helping you deal with behavior problems.

Sloppy eating

One good way to help a sloppy eater "clean up his act" is to provide the right containers for his rations. Take a look at your pet's food and water dishes. Are they nonbreakable, chew-proof, easy to clean, and—most important—suited to the shape of your pet's muzzle? Flat-nosed dogs and all types of puppies and kittens, for example, need flat, shallow dishes, while longer-muzzled pets need deeper containers. For an animal with long ears and muzzle, look for dishes that are wider at the bottom than at the top.

Containers should be more than big enough to hold your pet's rations; that extra room serves to catch spills and splatters. Individual food and water dishes—as opposed to joined double-dish units—usually help cut down on mealtime messes, too. You can protect floors and/or carpet in the area where your pet eats with a section of easy-to-clean clear plastic carpet runner.

Begging

The best way to break your pet of the begging habit is to forbid family handouts. No one is to slip the pet even a morsel off the table at mealtime. Until your pet gets the idea that no

continued

Drawing: Jim Buckles

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continued

Common pet problems

tidbits will be forthcoming, you should banish him from the room while the family is eating.

Clawing felines

Declawing (front paws only, of course) should be the last resort when you're dealing with a clawing cat. Before even considering that alternative, provide your cat with a good scratching post and show him how to use it (run his paws up and down the sides). Situate the scratching post near where your cat sleeps, so it's handy when he wakes up and starts stretching.

Finding a scratching post that appeals to your cat may take some doing. Some cats like a carpet- or fabric-covered post (make one yourself or buy one at a pet shop), while others prefer an old log covered with plenty of bark. The post should be about three feet long and sturdy enough to provide your cat with a real workout. Rubbing a little catnip on the post may help make it more enticing.

Trimming your cat's nails regularly (about once a week in most cases) with a pair of clippers designed for that job will eliminate much of the damage that can be done by clawing. (See "Pet Grooming Pointers" in *Better Homes and Gardens*, October, 1979.) Another alternative is to give your cat a healthy squirt from a loaded water pistol whenever you catch him in the clawing act. That usually gets the idea across in no time.

Chewing

Chewing pets normally fall into two categories—young animals that are cutting teeth and adult animals that aren't getting enough attention and/or exercise. Confinement is sometimes the only solution when you're dealing with a teething pet, but a hard rubber or rawhide toy often helps satisfy the urge to chew. Unfortunately, electrical cords are favorite targets of chewing puppies. You can coat the cords with Bitter Apple or Bitex (available at most drugstores). Better yet, never leave a puppy alone anywhere there are plugged-in electrical cords.

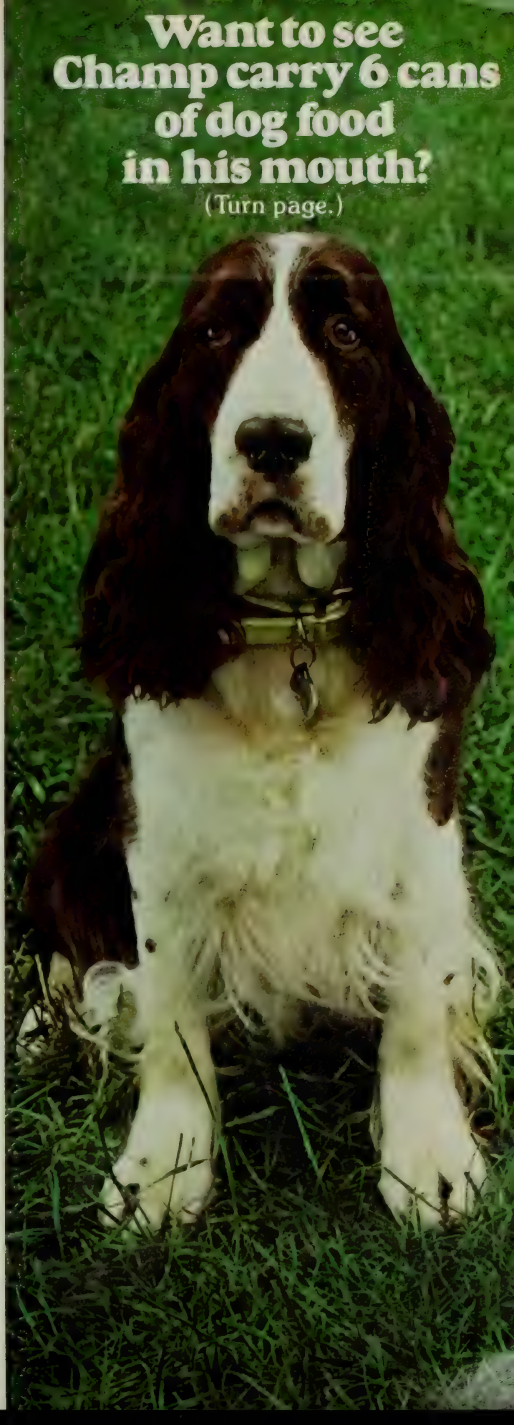
Adult chewers, on the other hand, should be taught to obey house rules. If you catch your pet chewing on something he shouldn't, give him a rap under the chin or whack a newspaper across your thigh to startle him. Then follow up with the stern command "No." Never encourage your pet to chew by offering him castoffs like old shoes, socks, etc. (Pets can't distinguish between old and new belongings.)

If your pet picks on a particular item, like a book or your gardening gloves, for example, he's probably trying to tell you he needs some attention. Next time, take 15 minutes or so for a romp or play session with your pet before settling down with your favorite book or tackling the gardening. (A regular play period with your pet should be part of your daily routine anyway.)

While you're out of the house, discourage chewing by strategically placing engaged mousetraps on and/or around whatever your pet fancies. If your pet is small, drape a cloth over the set traps or carefully set them and then turn them

continued

Want to see Champ carry 6 cans of dog food in his mouth?
(Turn page.)



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ontinued

Common pet problems

pside down. The least movement will set the traps off ithout any chance of catching your pet's paw.

If your pet (a cat especially) seems to enjoy munching our houseplants, try providing him with his own little arden—such as a small pot or reachable window box lanted in oats or grass. Some houseplants are poisonous to nimals. Find out which ones from your veterinarian and hen make sure your pet can't get at them.

Household "accidents"

If your pet accidentally relieves himself indoors, tackle he cleanup immediately. First, blot the area with a clean, olorless cloth and then wash the carpeting, upholstery, or ther fabric with a solution of liquid detergent, warm water, nd white vinegar (one-fourth cup per quart removes the cent that attracts your pet back to the same spot again). ollow up with a cool water rinse. Unless you catch your pet n the act, scolding is a waste of time. After the fact, your et won't associate your displeasure with his deed.

Barking

To cure your dog of chronic barking, you must show him hat every bark brings an unpleasant result. Grab your pet's nuzzle and close it abruptly when he starts barking, and ccompany this action with the stern command "No." Then elease the animal's muzzle and praise him if he doesn't tart barking again. If he barks, repeat the procedure. A harp rap under the chin, followed with the muzzle-closing echnique and "No" command, sometimes helps get your nessage across.

You should never call your pet to you for disciplining, but ou can attach a section of cord (15 feet long or so) to his ollar and just "reel" him in when he starts barking. Take are never to encourage chronic barking or other bad habits y bribing your pet (i.e., giving him a dog biscuit or other treat" to keep him quiet).

A squirt in the face with a water pistol (loaded with a ixture of water and vinegar) may discourage a chronic arker, especially when he's confined to a small area where our squirt is certain to be on target.

Car chasing

Since the lives of car-chasing canines usually are short, tern correction is essential. One technique is to have a riend or family member handle the driving while you "bomb" your pet from the car window with water-filled alloons, strings of tin cans, or bundled rolls of newspapers.

But here's an even more effective technique. Tie a length f rope (40 feet or so) to a slip chain collar around your pet's eck. Then, ask someone else to drive by. When your dog ives chase, give the rope a firm yank and reel him in for a ound scolding. Be prepared to repeat the process several imes before your dog abandons the idea of giving chase.

Of course, confinement (a sturdy dog run, escape-proof ard, etc.) is the only foolproof way to ensure the safety of a onfirmed car chaser. And whenever he's outside the pen, make sure he's on a sturdy leash.

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Gaines·burgers DOG FOOD
The Canned Dog Food Without The Can

begins on page 164

Angels

1 square = 1 inch

To order printed fabric for the angels, see page 286

Directions

If you plan to make angels from scratch, enlarge patterns below and on the following pages onto closely woven, white, cotton-blend fabric, using light-colored dressmaker's carbon paper and a tracing wheel or pencil. Go over

continued



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continued

Angels

1 square = 1 inch

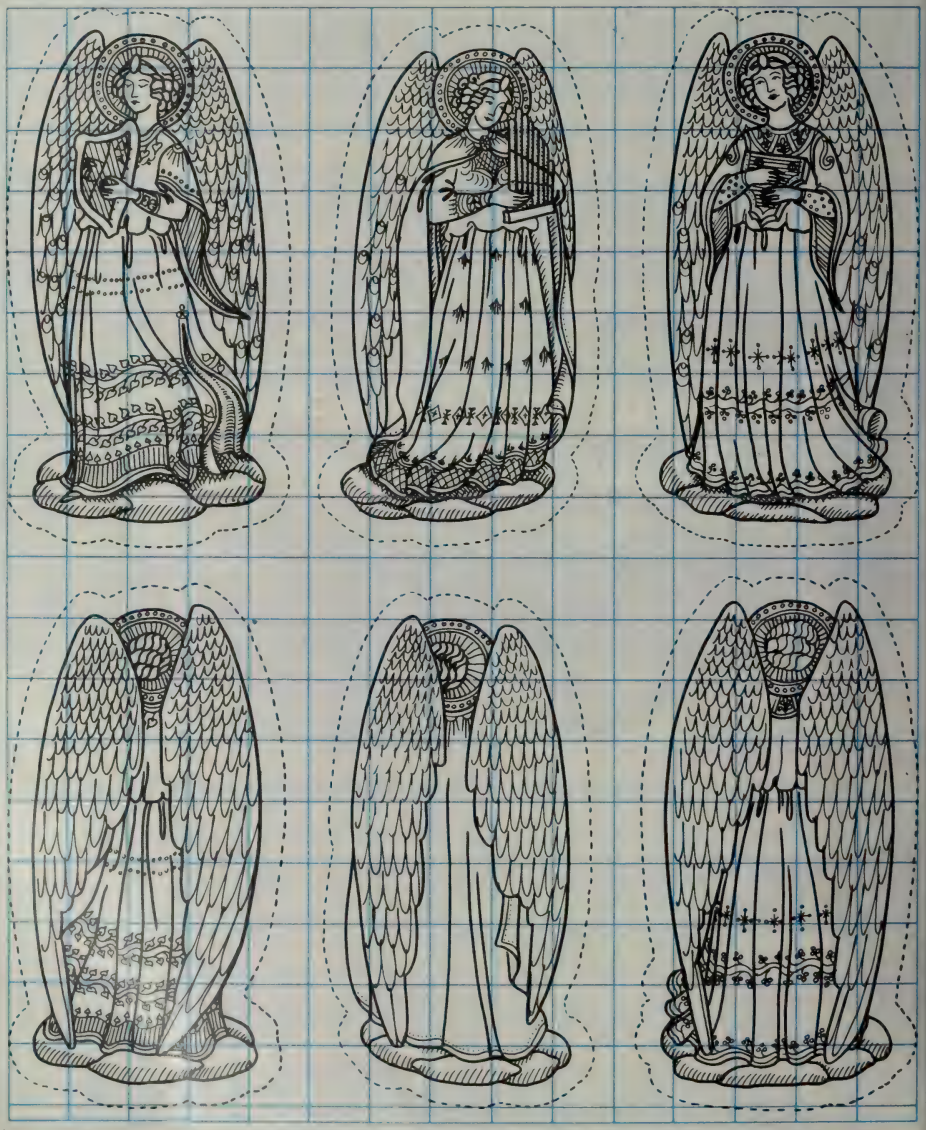
outlines with a fine-tip, permanent, brown marking pen.

To decorate the angels, read the suggestions below. These ideas apply to both purchased printed angels or those you make from scratch.

Decorating angels

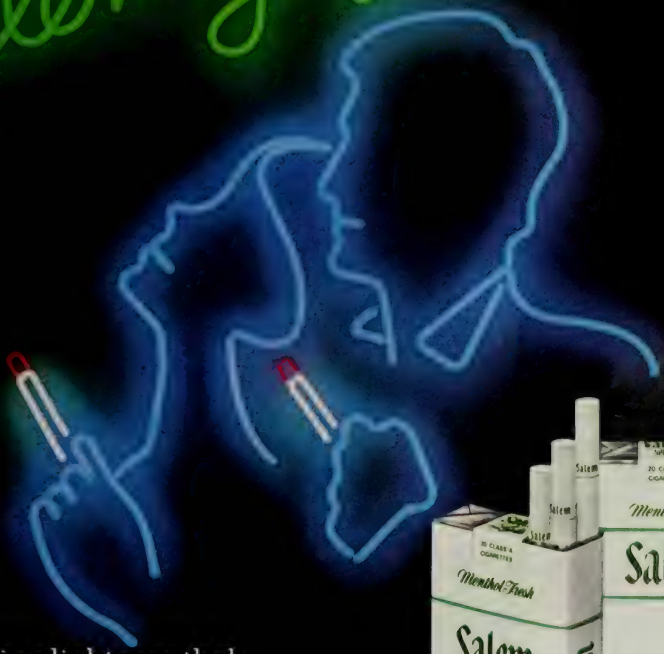
Keep in mind that you may leave angels plain if desired. However, if you decide to decorate the angels, you should color, bead, embroider, and/or

continued



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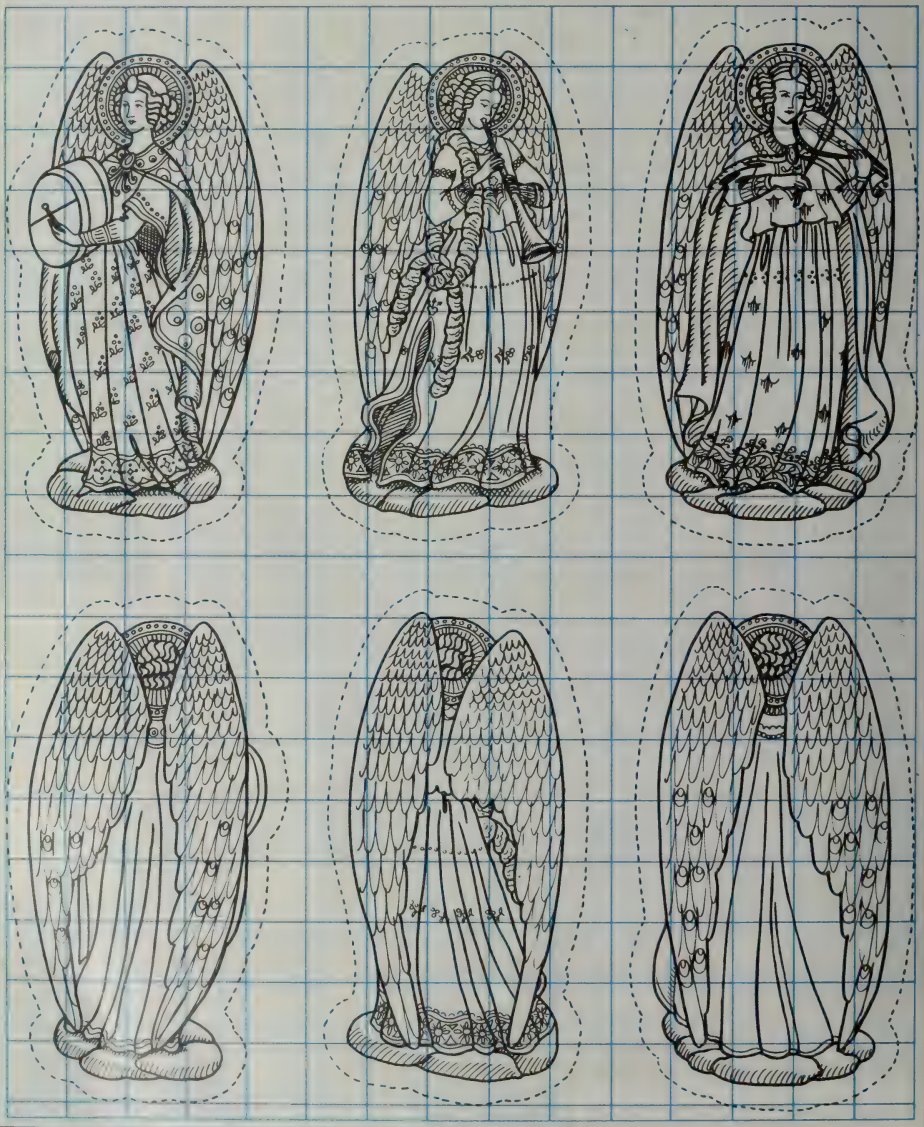
Angels

1 square = 1 inch

quilt them *before* you cut and stitch them. Suggestions for decorating the angels are given below.

Painting: Use high-quality acrylic paints or paints especially formulated for working on fabric. To begin, place a small amount of paint on a glass plate; thin with water to consistency of light cream. Or, to lighten colors from the tube, add a drop of white paint to a few drops of water; then mix

continued



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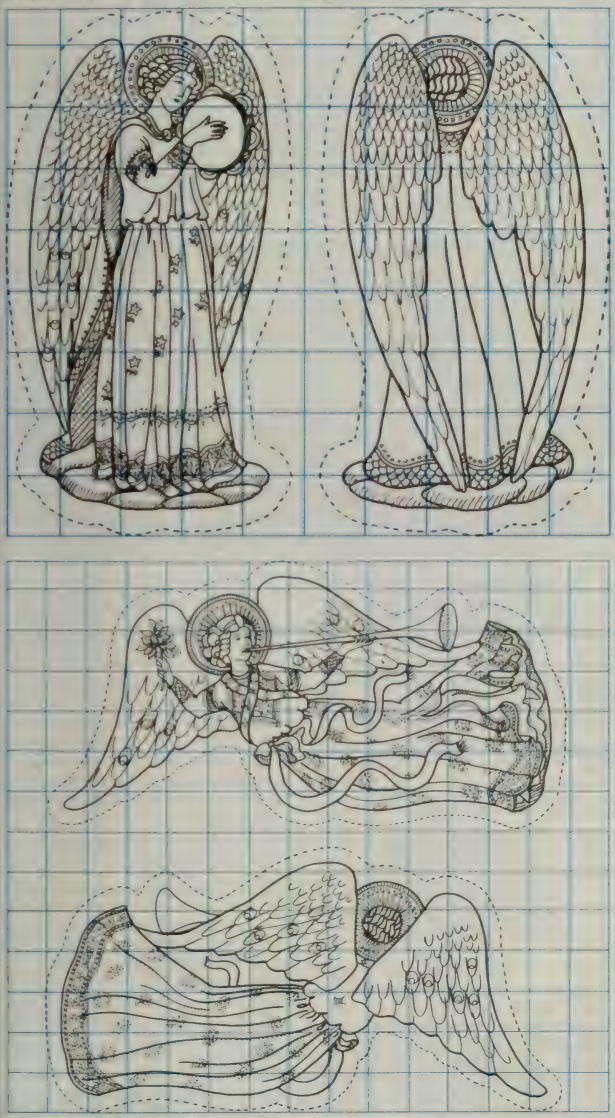
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continued

Angels

1 square = 1 inch



in a color. If necessary, add a few more drops of water to lighten the overall effect (adding more white makes the colors look chalky on the fabric).

Refer to photographs on pages 164 and 165 for color suggestions. Use iridescent gold, silver, and copper paints to decorate wings, halos, and instruments.

Place angels on several layers of newspapers or paper towels; begin painting designs. Dip a small brush in paint; remove excess water by lightly daubing brush on a paper towel or on the edge of a plate.

To prevent paint from bleeding on fabric, do not overload brush; paint *up to but not over* brown outlines. Paint large areas of color first. Make sure each painted area is dry before moving on to an adjacent area; otherwise, colors will bleed. Try to use just a light wash of color so outlines and details show through paint.

When painted angels are completely dry, gently press wrong side of fabric with a warm iron to set colors. You also may wish to lightly spray-starch the fabric as you press to give it extra body. To wash brushes, thoroughly rinse in clean water.

Colored pencils: High-quality colored pencils or artists' oil pencils yield beautiful results on angels. They're easy to use, and their colors can be delicate or strong depending on the amount of pressure you use.

After coloring, lay fabric facedown over several paper towels. Place additional paper towels atop fabric; press with warm iron to set colors.

Permanent fabric markers: Be sure to select fine-tip fabric markers that do not bleed on fabric or make brown outlines run. To test your pens, lightly mark scrap fabric; check to see if ink runs. Choose soft, subtle shades since marking pens' colors often look darker when applied to fabric. Use a light touch so colors don't overwhelm angels' fine details. Be careful not to obliterate brown outlines by coloring over them. To set colors, press finished angels with a warm iron on wrong side of fabric.

Embroidery: Use touches of embroidery to highlight designs. Embroidered details can be used in combination with painted backgrounds or on plain backgrounds. Limit embroidery to details (halos, trims, flowers, facial features) rather than trying for an overall embroidered effect.

Using a single strand of embroidery thread throughout, work facial features in stem (or outline) stitches with

continued



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continued

Angels

black or brown floss. Use cotton or silk floss, metallic thread, or pearl cotton and a variety of simple stitches to embellish costumes, hair, and musical instruments. (Consult a good embroidery book for stitch designs.)

Beads and sequins: If desired, embellish design motifs on wings, halos, and costumes with small beads, pearls, sequins, or glass jewels. Angels shown are trimmed in iridescent and colored sequins, clear, gold, and tinted seed beads, rocaille beads, bugle beads, and star sequins.

Quilting: After all other decorating is completed, angels may be trapunto quilted to give designs dimension when angels are stuffed. Pin a muslin, organdy, or other lightweight backing to wrong side of fabric. Quilt along design lines you wish to emphasize—clouds, costumes, or halos, for example. After quilting, use small scissors to carefully cut a slit in *backing fabric only*. Tuck a tiny piece of stuffing or soft light-colored yarn into the pocket between backing and top fabric, then whipstitch edges of slit closed.

Assembling angels

After angels are decorated, they are ready to be cut and stitched.

1. Cut fronts and backs of each angel, leaving at least ½ inch of fabric around solid outlines. With right sides facing, pin and baste front and back sides together, matching solid outlines.

2. Sew angels together by hand or machine, stitching ⅛ inch outside solid outlines (halfway between solid and dotted outlines) and following curves as closely as possible. Leave an opening at the base of each angel for turning and stuffing. Trim seams; clip curves and corners up to seam line. Notch seam allowance if necessary so angels will be shaped correctly when they are turned.

3. Turn angels right side out, gently maneuvering curves and corners into place with a knitting needle.

Stuff angels with small pieces of fiberfill, starting at the head and working your way down. Do not overstuff; otherwise, shapes become puckered and distorted. Turn under raw edges along base; slip-stitch opening closed. To hang, use nylon thread or ribbon.



For angels that will stand upright, leave entire base open when stitching front to back. After stuffing, cut and stitch a fabric oval approximately 1½x3½ inches to bottom of clouds. For extra stability, line fabric oval with a piece of cardboard cut to size before sewing oval into place.

4. For sweet-smelling sachets, fill angels with a potpourri mix rather than fiberfill. To make a potpourri, clip rose petals during summer and dry in a shady, well-ventilated place. Store petals in an airtight container, stirring every few days. Crush a mixture of lavender, orrisroot, tonka bean, sandalwood, lemon verbena, frankincense, and myrrh until you get a pleasing scent combination. Mix these herbs with the petals and cure, covered, for about six weeks, stirring often.

Completed angels make lovely Christmas tree ornaments or can be used as sachets (see instructions above), miniature pillows, package decorations, or small toys. Or appliqué decorated angels onto a holiday apron, hostess skirt or tree skirt.


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FAMILY TRAVEL GUIDE to the Virgin Islands

By Barbara Humeston



As you approach the Virgin Islands by air, they resemble a fistful of buoyant pebbles scattered along an imaginary line dividing the Atlantic and the Caribbean. But look closer and you can appreciate the vacation potential of this sunny green galaxy of islands, islets, and cays rising from the glistening sea some 45 miles east of Puerto Rico. The islands are the territories of two different countries: the U.S. Virgin Islands to the south; the British Virgin Islands to the northeast. For vacationers, the national distinctions are scarcely noticeable. English is spoken everywhere, and U.S. currency is legal tender. But you'll need proof of U.S. citizenship when traveling to the British Islands.

When to go and how to get there

Anytime is a good time to visit. Temperatures are near perfect year-round, and days without sunshine are rare. But prices mid-April to mid-December (the so-called off-season) are a boon for families. Most accommodations cost 20 to 40 percent less then, plus you can save on air fares and package deals. (Be sure to check out the Sun, Sand and Free packages of the St. Thomas/St. John and the St. Croix Hotel Associations.)

Eastern Airlines and Air Florida fly nonstop to the Islands from Miami (about 2¼ hours). American flies nonstop from New York (about 3½ hours) and a couple of other eastern cities. Other airlines offer connecting flights through San Juan, Puerto Rico. Eastern's unlimited mileage fare can be a money-saver.

St. Thomas, St. Croix, and St. John are the three major U.S. Islands; Tortola and Virgin Gorda are the primary British Islands. St. Thomas and St. Croix are the most developed, while St. John, Tortola, Virgin Gorda, and the scattering of some 100 other small islands and islets remain more laid back and natural. You can hopscotch among islands, choosing your pleasures; camp out in "paradise"; set sail on a vacation at sea; while away your days at a resort; or just get away from it all.

continued

Island-hopping VACATIONS

Though St. Thomas has long been the favored destination of Virgin Island visitors, more vacationers now are including two or three islands in their itineraries. Since each island is special in its own right and interisland travel is easy and reasonably priced, there's no reason not to move around.

Sites on St. Thomas

St. Thomas offers the unique combination of an upbeat city, lengths of shining sand, and mountain scenery. The busy harbor city of Charlotte Amalie, once a pirate hangout, now is a mecca for bargain hunters who buzz through the shops in colorful old refurbished warehouses. For a different perspective, climb Government Hill and look out across pastel buildings that spill down the hills toward the sea. Historic reminders are everywhere, though sleek cruise ships line up in the harbor and traffic zips by on the waterfront highway.

You can see the other side of St. Thomas in a half day, or pack a beach picnic and make a day of it (drive on the left everywhere in the Islands). Everyone stops at the mountainside lookout called Drake's Seat. At Coki Point, you'll be dazzled by a living coral reef from inside the giant domed bubble of Coral World. By dusk, you can be back in Charlotte Amalie to dine at one of the fine restaurants and enjoy the late and lively night life.

St. John's natural splendors

Since two-thirds of tiny St. John (eight miles long) is a national park, its prime attractions are natural—wilderness edged with coral sea gardens, secluded bays, and gorgeous beaches. You won't find tourist crowds, and lodgings are somewhat limited.

Take in sight-seeing highlights on the winding 15-mile loop trip from the village of Cruz Bay, St. John's only town, and back along the rugged north shore. It's more fun to make this junket the first time with one of the gregarious local drivers who gather at the Cruz Bay ferry dock. The park service visitors center, also at the dock, can fill you in on everything that's happening —from hikes to lively local fish fries.

Big, historic St. Croix

St. Croix is the largest and least mountainous of the Islands. Terrain varies from craggy, arid landscapes to tangled rain forest. Ruins of great plantation houses and sugar mills dot breezy hills. Ancient forts overlook waters where buccaneers sailed.

The nostalgic towns of Christiansted and Frederiksted are must stops. Christiansted's easygoing attitude and Danish architecture invite strolling. Several blocks are even preserved as a national historic site. Stop in at shops tucked away in shady arcades and at pleasant courtyard and harbor-side cafes. After dark, the waterfront comes alive with lights and music. Buck Island's winding water trails, a snorkeler's paradise, await just offshore.

You're sure to be charmed by quiet, little Frederiksted, at the other end of the island. Fretwork and wood curlicues dress up shops and restaurants along the cobbled streets. Cannons of a handsome old fort still stand guard over the long deepwater pier. If you're adventurous, drive through the wild hills and rain forest just north of town.

Tortola's quiet scene

Tortola, largest of the British Virgin Islands, combines sunshine, sea, and scenery with picturesque Road Town. Though the roads can be tough going, don't miss an island tour. You'll be overwhelmed by the scenery and solitude. Ridge Road can't be beat for views of green hills and harbors. Spectacular beaches, like Cane Garden Bay, hug the north shore.

In Road Town, quaint little pastel shops of vintage West Indian design stand next door to a modern waterfront shopping plaza. Chickens and goats still meander the streets. You can find a good restaurant, pub, and local night spot here and there.

Around and about

Regular interisland flights are scheduled between airports on St. Thomas, St. Croix, Tortola (connecting Beef Island airport), and Virgin Gorda. Or you can shuttle from island to island on seaplanes and fast ferries. There are rental cars (about $25 a day), taxis, and sight-seeing tours on the major islands.

Good choices for island-hopping lodgings are centrally located guesthouses and/or in-town hotels, like the Midtown Guest House and old Hotel 1829 on St. Thomas; the Frederiksted Hotel, King's Alley, and the Anchor Inn on St. Croix; and the Treasure Isle on Tortola. Rates range from about $25 to $45 a night double off-season.

continued



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Camping VACATIONS

VIRGIN ISLANDS

Camping out in the Virgin Islands isn't only a bargain; it's a pleasure. Though the best camping is limited to St. John, you can still get close to nature on your own terms at facilities that are inviting and varied.

Camping out in style

You've probably never seen anything like Maho Bay, a 14-acre nature preserve with wood-framed, canvas-wrapped cabins cantilevered on stilts across an overgrown hillside. Each cozy tent-cabin has an enclosed sleeping, dining, and living alcove, plus a porch that's perfect for sunning, sunset watching, or luring busy little banana finches with sweet treats as they flitter by. The cabins are perched along elevated boardwalks and stairways among the treetops, where you can catch cool sea breezes as you survey the little slice of sand and sparkling bay below.

Though campers share big communal bathhouses and carry water from "community" spigots, almost all the essentials are at hand. Cabins come complete with electricity, hot plate, bunks and linens, table and chairs, ice chest, and kitchen gear. Just move in and make yourself at home.

Guests are expected to honor a kind of ecological contract that includes conserving and protecting natural resources. But nobody minds. The idea creates a friendly bond among campers and a spotless campground.

The commissary is the center of things. You can buy groceries and other basics there (though you'll save money bringing what you can from home), or raid the "help-yourself center," where departing campers leave unused goodies behind. The commissary also serves breakfast daily and delicious, reasonably priced dinners about three nights a week.

You can be as private or as sociable as you like. Organized activities (which cost extra) include: scuba diving, snorkeling trips, shopping treks to St. Thomas by motor launch, and day sails. After a busy day outdoors, you'll probably be ready to turn in early. But first you can dine leisurely, serenaded by chirping tree toads, and perhaps chat with friendly fellow campers.

Simpler pleasures

Cinnamon Bay, the Islands' original rustic tent and cabin campground, lies camouflaged in tropical green behind what might well be St. John's best beach. You can step out your door for a swim anytime and help yourself to fresh coconuts from the palms.

Cinnamon Bay has a trio of camping options: concrete and screen cabins and already set-up tent sites, both equipped with all the basics, along with bare camping sites (you bring your gear). But you forfeit part of the charm and privacy of Maho Bay for this variety.

Since Cinnamon Bay lies on national park land, you're near the mainstream of park service programs (usually free), including nature hikes, evening slide shows, etc. The snorkeling haven of Trunk Bay is just down the beach. There's also a well-stocked commissary and a restaurant/cafeteria serving three meals a day.



Exploring the territory

After a couple of days beachcombing and unwinding, most campers strike out to explore St. John. It's hard to go wrong in any direction, with a 6,500-acre park for a playground.

Plan to rent a jeep buggy for a day or two. After checking out Cruz Bay, head for the serpentine up-and-down mountain roads. You'll fall in love with the scenery. Sooner or later, almost everyone ends up at Annaberg, an old sugar mill that resembles a decaying castle, or at Caneel Bay Plantation, an elite resort where campers are welcome to have lunch and take their turn on the tennis courts ($8).

For the energetic, one of the park service's best hikes is a rugged three-miler to plantation ruins and ancient Indian petroglyphs in Reef Valley ($3.50 for the boat ride back). Or you can rent a small boat for the day and survey St. John from the sea.

Prices and such

Both campgrounds are booked up well in advance during winter, but off-season space is easier to get. Maho Bay off-season rates run $25 a day double, plus $5 extra for each child sharing the same cabin (maximum of three). There's a $30 deposit.

At Cinnamon Bay, off-season rates run $21 a night double for a camping cottage and $13 for a set-up tent site, plus $4 per extra person. Bare sites rent for $4 a night for two and $1 for each extra person. A security deposit equal to half the rental charge is required.

You can reach either campground by taxi from the Cruz Bay ferry landing or catch the local safari bus.

For more information and reservations, contact Stanley Selengut, Maho Bay Camp, Inc., 17 East 73rd Street, New York, New York 10021, or Cinnamon Bay Camp, Box 120, Cruz Bay, St. John, U.S. Virgin Islands 00830.

continued



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"open me first"
to save Christmas
in pictures.

Sailing VACATIONS

Chartering a yacht is the ultimate in freewheeling vacations, and there's no better place to try it than the Virgin Islands. They're surrounded by some of the finest sailing waters anywhere.

Chartering centers

Harbors at Road Town on Tortola and at Charlotte Amalie on St. Thomas are headquarters for yacht chartering. The Road Town harbor is the center for sail-them-yourself bareboat yachts, while the Charlotte Amalie harbor specializes in crewed charters (with skipper and sometimes a cook/first mate). But you can arrange for both types of charters at both locations.

About all that's definite when you vacation at sea is when and where you'll set sail and return. You plot a course to your liking and spend as much or as little time under sail as you please. In fact, lots of vacationers do most of their sailing between breakfast and lunch, leaving afternoons free for snorkeling, sunning, taking a dip over the side, diving shipwrecks, or exploring islands by dinghy.

Just suited to sailing

The Sir Francis Drake Channel, the main sea passage among the Islands, couldn't be better suited to leisurely cruising. You can count on steady breezes. Fog is unheard of, and rain is rare. Since there's almost always a landmark in sight, navigation is mostly by "eyeball," though charter operations supply navigational aids pinpointing hazards and obstacles, as well as good moorings and anchorages.

While you're under sail, the view is always changing. A fascinating parade of sailing craft—from tall ships to snazzy yachts—glides by, as you tack from one inviting island to the next. You can prowl Norman Island's water-level caves where pirates once stashed their loot; sail out to the reefs of Anegada, the only coral atoll in the Virgin Island chain; anchor off Virgin Gorda to explore a tumble of boulders sheltering sunlit pools and passages at the sea's edge; or rendezvous at Deadman's Bay, a fabulous stretch of sand on Peter Island. You could sail these waters for weeks without anchoring off the same island twice.

Sailing days end at sunset. By then, you'll be moored or anchored for the night and settling back to watch the day's last blaze of color disappear into the sea. You can whip up dinner in the galley, have a beach barbecue, or radio ahead to check out the menu at one of the quaint seaside establishments that cater to the sailing crowd—like the Last Resort, on tiny Bellamy Cay; Sidney's Peace and Love, on Little Jost Van Dyke; Foxy's, on Jost Van Dyke; or the Bitter End, in Virgin Gorda's North Sound.

Fun for everyone



Even if you don't know a rudder from a mizzenmast, you can enjoy a sailing vacation. Experienced skippers on board crewed yachts will acclimate you to shipboard life in no time. They're patient teachers, too, if you choose to take a turn at the wheel. Or you can simply be a pampered guest, if you like. In the unlikely event of trouble, help is as near as your yacht's radio.

Besides choosing between a bareboat and crewed charter, you'll probably want to consider provisioning. Usually it costs about $10 a day per person to have your galley stocked for a one-week trip. It's well worth the price, especially for first-time charters.

Most charter yachts range from about 35 to 50 feet long and sleep two to six comfortably. Generally, there are private sleeping quarters, a head or two, and a combined galley/dining/living area below deck. The biggest charter fleet in the British Virgin Islands is operated by The Moorings, where a typical bareboat charter for a family of four aboard a 37-foot yacht runs about $1,200 a week off-season, with provisioning. But if you're planning to set sail on your own, you'll have to prove your competence at the helm first. A typical crewed charter for a family of four aboard a 50-foot yacht, with provisioning, runs about $1,500 a week off-season. Refundable damage deposits range from $100 to $500.

Major chartering operations in the British Virgins include The Moorings, Ltd., Box 50059, New Orleans, Louisiana 70150; Caribbean Sailing Yachts, Ltd., Box 491, Tenafly, New Jersey 07670; and Tortola Yacht Charters, Ltd., One Hale Lane, Darien, Connecticut 06820. For details about crewed charters from St. Thomas, contact the Virgin Islands Charter Boat League, Homeport, St. Thomas, U.S. Virgin Islands 00801; for bareboat charters, contact Johnny Harms Lagoon Marina, Red Hook, St. Thomas, U.S. Virgin Islands 00801. Some airlines have yacht charter packages.

If you want to learn to sail,a couple of good sailing schools offer courses out of Tortola: Offshore Sailing School Ltd., 820 Second Avenue, New York, New York 10017, and The Moorings, Ltd. The Annapolis Sailing School, Box 3334, Annapolis, Maryland 21403, operates a school on St. Croix.

continued

VIRGIN ISLANDS



$1.00 CASH REFUND

ON WESTINGHOUSE LIGHT BULBS PLUS A RUB-OFF BONANZA REFUND CERTIFICATE WORTH UP TO $10,000!

In celebration of the invention of the incandescent light bulb 100 years ago, Westinghouse is offering you this Super Centennial refund opportunity worth up to $10,000. Just follow these Super Centennial Bonanza Instructions and you can be at least $2.00 richer in refunds.

1. To obtain your refund, fill in the coupon in this advertisement, or pick one up at the Westinghouse light bulb display at any participating store. Then purchase three packages of Westinghouse bulbs from the following list: (Three packages of the same bulb or any combination of the types listed).

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- Spotlight
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Cut the Westinghouse ® trademark proof-of-purchase from each package and mail all three along with the Cash Refund Coupon to:
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You will receive a $1 cash refund check, plus a Bonanza Refund Certificate. No purchase is necessary to secure your Bonanza Refund Certificate; you may mail in the coupon alone and receive a Certificate without the cash refund.

2. Each Bonanza Refund Certificate has a hidden cash value from $1 to $10,000. With a coin, gently rub off the spot and reveal the exact dollar amount. The Certificate can then be redeemed by mailing it to the address on the Certificate along with one Westinghouse ® trademark proof-of-purchase cut from an additional package of any of the above Westinghouse light bulbs.

One Certificate will be printed with a $10,000 cash value; two with a $1,000 value each; fifty with a $100 value each; 1,000 with a $10 value each. All others will have a $1 value each. Odds of receiving a $10,000 Certificate are: 200,000 to one; $1,000 Certificate: 100,000 to one; $100 Certificate: 4,000 to one; $10 Certificate: 200 to one.

3. Bonanza Refund Certificates will be distributed, on a random basis, by Don Jagoda Associates, Inc., an independent agency, that will also verify all Bonanza Refund Certificate claims. Their decisions are final on all matters relating to these instructions. Any Certificate that is forged, mutilated, altered or otherwise defaced or tampered with is automatically void. The cash value of all Bonanza Refund Certificates not distributed or redeemed will never be paid out. Program begins September 1, 1979; redemption period ends December 31, 1979, or when supply of Certificates is exhausted. Certificates postmarked after December 31, 1979, or received after January 15, 1980, will be void. Certificates valued at $100 or over must be returned by Registered or Certified mail, return receipt requested.

4. This offer is open to all residents of the United States, except employees and their families of Westinghouse Electric Corporation, its subsidiaries, affiliates, advertising agencies, Don Jagoda Associates, Inc., Market Force, Inc. and their respective production agents. Void in Utah, Maryland and wherever prohibited by law.

5. For a list of redeemers of Certificates valued at $100 and above, send a stamped, self-addressed envelope by December 31, 1979, to: Westinghouse List, P.O. Box 2385, Westbury, New York 11591.

6. Bonanza Refund Certificates limited to one per family or organization. Redeemers of Certificates with a cash value of $100 or more may be asked to execute an affidavit of eligibility. No responsibility is assumed for lost, misdirected or late mail. Allow 4-6 weeks for mailing of check.



Westinghouse $1.00 CASH REFUND COUPON

Yes, I would like to receive a $1.00 Cash Refund plus a Bonanza Refund Certificate worth up to $10,000.
I have purchased three packages of Westinghouse bulbs from the list below (three packages of the same bulb or any combination of the types listed) and I am enclosing the Westinghouse ® trademark proof-of-purchase from each package.

- Eye Saving
- Soft White
- Standard
- 3 Way
- Fluorescent
- Spotlight
- Floodlight
- Colortone

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CITY _____ STATE _____ ZIP _____

Mail to: Westinghouse Watt-A-Refund P.O. Box 3000 Westbury, New York 11591
Offer expires December 31, 1979. Void where prohibited or restricted by law. Limit: One coupon per family or organization. Offer good only in U.S.A. Allow 4-6 weeks for mailing of refund check.

Resort VACATIONS

The essence of vacationing at a resort is staying put, more or less, at a comfortable haven complete with leisuretime pleasures. If that sounds like your vacation style, you have an almost irresistible choice of resorts throughout the Virgin Islands.

Where you want to be and what you can afford to spend are the first things to decide. There's at least one top-notch resort on all the major Islands, and off-season rates vary from $125 a day double at swanky establishments to about $35 a day at more modest family resorts. Specialization hasn't really hit the Island resort scene yet. You won't find tennis and/or golf resorts *per se*. But wherever you stay, water sports and tennis are likely to be prime pastimes.

Where and what on St. Thomas

Three major resorts are especially convenient to Charlotte Amalie. Frenchman's Reef, the Island's largest resort, is a real dazzler. This sleek new high-rise has its own shopping arcade, a choice of restaurants, and some of the Islands' liveliest night life (doubles from $58, kids under 12 stay free).

Two other big resorts cling to the hills overlooking town: the modern Virgin Isle Hotel and picturesque Bluebeard's Castle. Both shuttle guests to nearby beaches from the high, dry hills (doubles from $45, $15 per child).

Just beyond town along the sea are Limetree Beach and Bolongo Bay, which are both keen on families. There's a sports club atmosphere at little Bolongo Bay (from $52 double with kitchenettes, $5 per child). At Limetree Beach, once a spacious estate, you can always find a private spot on the long stretch of sand (doubles from $52, $11 per child). Friendly iguanas that roam around munching hibiscus blooms are bound to make a hit with youngsters.

In the eastern section of the island, away from the hustle-bustle of town, are three choice condominium-style establishments: Secret Harbor, Pineapple Beach, and Sapphire Bay. Whichever you choose, you'll have sand and sea at your door. (Rates range from $45 a day double, $5 per child, at Sapphire Bay to $50 double, $15 per child, at Secret Harbor.)

Choices on St. Croix

Most St. Croix resorts are situated midway along the north shore around the island's eastern tip. Good candidates for family stays are Gentle Winds and St. Croix By The Sea, both at the water's edge. Their condominium-style units include kitchenettes (from $44 double, $12 per child).

St. Croix is *the* island if golf is your game. The rolling 140-acre grounds of The Buccaneer, the most complete resort in the Islands, includes an outstanding 18-hole golf course. (The championship Fountain Valley course, the Islands' other 18-hole layout, stretches across St. Croix's western hills.) You won't have trouble finding a partner at The Buccaneer's tennis complex, or picking a place in the sun on one of three fine beaches (doubles from $44, $16 per child; family suites from $54, up to three children free). You'll be just minutes from Christiansted.

Two sister resorts—Grapetree Beach and Grapetree Bay—lie just around the eastern tip of the island. The former is a big, sprawling complex; the latter has a more compact layout, with kitchenette units (doubles from $50, $8 for rollaways for children under 14).

The British Virgins' best

Prospect Reef and Long Bay are two of the British Virgin Islands' prime family resorts. Prospect Reef is a big, modern, village-like setup on 50 seaside acres at the edge of Road Town (studios from $60 a day double, $10 per child; cooking privileges cost $2 more per person a day). Though there's no beach, you can swim to your heart's content in a couple of king-size pools.

If you like being out of the mainstream, Long Bay is a bargain. It lies along almost a mile of white sand on Tortola's north shore. There are all kinds of diversions and accommodation choices on the grounds of this old plantation estate (from $38 for a cottage for four, with kitchenette).

Elite retreats

St. John and Virgin Gorda claim a couple of chic resorts. Caneel Bay Plantation, a manicured 200 acres sprinkled with plantation ruins, is surrounded by beaches on St. John. Secluded Little Dix curves around a bay on Virgin Gorda. Both are probably worth the money if you can afford it (from $125 a day double, with meals).

Some resorts include use of all facilities (tennis courts, sailboats, etc.) in daily rates; others charge extra for almost everything. Some also offer package plans with meals, though the rates quoted here are off-season minimums unless indicated otherwise.

continued



VIRGIN ISLANDS

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In short, everything we could find that might *intensify flavor* at 3 mg. tar, was built into Triumph.

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What it all comes down to is this: Triumph, at only 3 mg. tar, gives you a taste so satisfying, we believe *you'll never want to go back to your old cigarette.*



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Getaway VACATIONS

One of the best reasons for a Virgin Islands vacation is to "get away from it all" and find solitude, serenity, and simple pleasures. Here's where you can.

British Islands' hideaways

The British Virgin Islands, overall, are a mellow, peaceful haven with distinctive little hostelries specializing in quiet, casual atmosphere. Though their amenities usually aren't any match for big-time resorts, these retreats are special. They surround you with natural splendor and the basic comforts, while you settle into the Islands' lazy spell—watching wheeling pelicans offshore, combing deserted sands, strolling natural gardens, or just tuning into the waves' rhythm.

Sugar Mill Estate and Smuggler's Cove are two great getaways tucked along Tortola's north shore. Smuggler's Cove is a tiny, nothing-fancy cottage settlement overlooking the sea at the end of a mountainside drive (doubles from $32, $10 per child).

Sugar Mill is easier to reach and more sophisticated in style, but no less devoted to peace and privacy. The sea laps at the front gates of this old hillside rum distillery/mill estate, where the accommodations are strictly up-to-date (from $23 double with kitchenettes, $5 per child; from $28 for suites sleeping four). Meals in the enchanting stone-walled dining room are a delight.

The cottage colony of Marina Cay crowns a little windswept gem of an island just a hop across the sea from the Beef Island airport. You make yourself at home in a simple A-frame cottage (doubles from $35 per person a day, with breakfast and dinner).

A comfortable native establishment called Fischer's Cove awaits on Virgin Gorda. Beach parties at this cheery, seaside hotel-cottage complex are popular local shindigs (from $50 double for a one-bedroom with kitchen).

St. Croix retreats

But the U.S. Islands aren't without a share of hideaways, too, particularly on the unhurried Frederiksted side of St. Croix. Spratt Hall Plantation is the place if you're fascinated by history. But don't count on anything fancy. You'll stay in either the oldest plantation great house on the island, surrounded by collectibles, or in one of the spacious cottages furnished with well-used essentials ($32 a day double, $11 per child). The atmosphere is warm-hearted and harum-scarum. Horses from the best riding stable in the Islands graze on the lawn, and a menagerie of dogs, cats, ducks, and such probably will tag along as you stroll through wild orchids to the beach. The home-cooked meals are scrumptious.

If you prefer more modern surroundings, set your sights on the King Frederik, an intimate apartment-style hotel along the sea just beyond Frederiksted (efficiencies from $33 a day double, $8 per person over 12; $37 a day for a family-size house).

St. Thomas getaways

St. Thomas' best getaways are in the cool green hills and along the north shore overlooking the sea. At the snug cliffside enclave of Point Pleasant, perched high in a spectacular boulder park, all the condominium-style units have fantastic views. Tennis and the beach are just a short, woodsy hike away (doubles from $62 a day, $10 extra per child). Point Pleasant even loans cars to guests for sight-seeing.

High in the hills farther inland are Shibui, a colony of Japanese cottages, and Magens Point Hotel, next door to the new 18-hole Mahogany Run links, scheduled to open by mid-December (doubles from $54, $10 per child).

An assortment of private vacation homes are for rent on St. John (from about $45 a day, with weekly discounts).

Since most Island hideaways have room for only a few guests and fill up fast during the busy winter months, off-season is a particularly good time to visit. Off-the-beaten-path locations sometimes complicate reaching these getaways, so be sure your hosts know when, where, and how you're arriving. They usually can help you arrange for transportation.

Rates quoted above are approximate minimum off-season tariffs for rooms only unless indicated otherwise.

For more about the Islands

To find out more about Island vacations, contact the closest U.S. Virgin Islands Division of Tourism office: c/o Rafael Jackson, 10 Rockefeller Plaza, New York, New York 10020; c/o Ludvig Harrigan, 100 North Biscayne Boulevard, Miami, Florida 33132; or c/o Robert Martinez, 307 North Michigan Avenue, Chicago, Illinois 60601. Information about the British Virgin Islands is available from John Scott Fones Inc., 515 Madison Avenue, New York, New York 10022, and the BVI Information Service, 801 York Mills Road, Don Mills, Ontario, Canada M3B 1X7.



VIRGIN ISLANDS

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Hayward
Fashion Carpets
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Les Worley
25813 Mission Blvd.

Healdsburt
Menghini Floors
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Hollister Carpet
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Livermore
A & R Carpet
2184 First St.

All City Floors
857 Rincon Ave.

Alpha Tile
2160 Railroad Ave.

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S & N Carpets
700 Main St.

The Rugger
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Milpitas
Buddy's Floors
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Modesto
Earthon Floors, Inc.
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Monterey
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571 Lighthouse

Cinderella Carpet
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Cypress Floors
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Zekes Carpet House
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Mountain View
Circus Flrs. of Mt. View
1064 W. El Camino Real

Napa
Blackney & Marsh
2550 Oak St.

Les Custom Floors
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4101 Broadway

Berkeley Floor Covering
1824 Harrison St.

Conklin Floor Covering
Telegraph Ave.

Tile Town
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Pacific Grove
Kidwell's Paint & Wall
612 Lighthouse

Palo Alto
Artcraft Linoleum
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Petaluma
Creative Floor Covering
3480 D Petaluma Blvd. N.

Lumsden & Assoc.
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Pinole
Pinole Floor Covering
2410 San Pablo Ave.

Pleasanton
Armstrong Carpet & Lino.
459 A Main St.

Valley Carpets
1809 Santa Rita Rd.

Redwood City
Chilton Floor Covering
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Graham & Ave. Flr. Cov.
1063 23rd St.

R.L. Hoyt Fl. Cov.
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50 Utility Ct.

The Decorator
1 Padre Pkwy.

Salinas
Cinderella Carpet
626 E. Alisal

Monterey County Carpet
1215 S. Main St.

Salinas Carpet
217 N. Main

Wharton's Linoleum
627 E. Alisal St.

San Bruno
Okulove Floors
572 San Mateo Ave.

San Carlos
Peninsula Floors
695 Industrial Rd.

San Francisco
Golden Gate Linoleum
2862 Mission St.

J. Borg Supply
2300 16th St.

San Jose
Capri Carpets
982 S. Saratoga

Creative Interiors
942 A Blascom Hill Rd.

Floorcraft
344 Race St.

Lincoln Avenue Carpet
2292 Lincoln Ave.

Linoleum Dick's
873 Blossom Hill Rd.

Murtson's
1155 Lincoln Ave.

S&G Carpet & Lino.
505 S. Market St.

San Lorenzo
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221 E. Lewelling Blvd.

Emery's Carpet
1367 Bockman Rd.

San Pablo
McClain's Floor Covering
1320 Market Ave.

San Rafael
Rafael Floors
822 Francisco Blvd. W.

Santa Clara
Conklin Bros.
200 N. Winchester Blvd.

Santa Clara West Coast
Linoleum & Carpet

Santa Cruz
Hawley's Floor Covering
1211 Ocean Ave.

Rainbow Carpets
510 Soquel Ave.

Santa Rosa
Conklin Bros.
505 B St.

Holly Floors
108 3rd St.

Rincon Floors
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Percolator drinks

A coffee percolator is a lot more versatile than you may think—and here's the proof. Our three un-coffee beverages were all made with a percolator. And since some like 'em hot and some like 'em cold, we've catered to both tastes.

If you haven't used your percolator for a while, it's a good idea to first scrub it vigorously with hot soapy water to remove coffee oils. Rinse thoroughly with very hot water. For the best flavor, start your brew with fresh cold water.



Photograph: Dieter

HOT ANISETTE EGGNOG

For a refreshing cold version, pour this drink over ice—

2 cups water
1 cup rum
1 teaspoon aniseed
½ cup sifted powdered sugar
1 4½-ounce package no-bake custard mix
3 cups milk
Ground nutmeg

Combine water and rum in an 8- to 10-cup percolater. Combine aniseed and powdered sugar; place mixture in percolator basket. Perk according to manufacturer's directions. Meanwhile, in a small saucepan combine the custard mix and milk. Bring to boiling. Remove basket from percolator; add milk mixture to percolator. Stir to blend. To serve hot, pour into coffee mugs; sprinkle with ground nutmeg. Makes 6 cups.

PERCOLATOR MINT ICED TEA

Add the sugar if you like sweetening in your tea—

2 quarts cold water
1 cup loosely packed fresh mint leaves, slightly crushed
4 family-sized tea bags
¼ cup sugar (optional)

Pour water into an 8-cup percolator. Place remaining ingredients in percolator basket. Perk for 5 minutes. Remove basket; let tea cool. Serve over ice. Garnish with fresh mint and lemon, if desired. Makes 8 cups.

HONEY SPICE PERCOLATOR WINE

This tastes like Swedish glogg—

2½ cups water
¾ cup honey
8 whole cloves
6 inches stick cinnamon, broken

• • •

1 750 ml bottle (about 3¼ cups) dry red wine
¼ cup brandy
2 tablespoons lemon juice
Cinnamon stick stirrers

Combine water and honey in a 8- to 10-cup percolator. Place cloves and cinnamon in percolator basket; perk according to manufacturer's directions. Remove basket; stir in wine, brandy, and lemon juice. Heat through. Serve in mugs with cinnamon stick stirrers. Makes about 6 cups.

Chocolate-filled phyllo—a grand finale!

Phyllo—that paper-thin Greek pastry—encases a French silk chocolate filling in this delectable dessert.



Photograph: Dieter

CHOCOLATE MOUSSE EN PHYLLO

You'll find phyllo (or filo) dough in the frozen food section of large supermarkets, delis, and gourmet food shops—

- **6 18x12-inch sheets phyllo**
- **6 tablespoons butter *or* margarine, melted**
- **5 egg whites**
- **1 envelope unflavored gelatin**
- **1 6-ounce package (1 cup) semisweet chocolate pieces**
- **½ cup butter *or* margarine**
- **1 teaspoon instant coffee crystals**
- **4 egg yolks**
- **¼ cup brandy**
- **½ cup sugar**
- **1 tablespoon sugar**
- **Whipped cream**
- **Toasted sliced almonds**

Generously grease a 9-inch round cake pan with removable bottom. Stack phyllo sheets in bottom and up sides of pan, brushing each with some of the melted butter or margarine, and letting sheets overlap pan edges. Trim dough to pan edge; crumble trimmings into pan. Brush trimmings with remaining melted butter. Bake in 375° oven for 20 minutes or till puffed and golden (crust will flatten on cooling). Combine *one* egg white and 1 tablespoon *water; immediately* brush over hot crust. Cool. In small saucepan soften gelatin in ⅓ cup *cold water.* Heat and stir till gelatin is dissolved. Stir in chocolate and ½ cup butter, and the coffee crystals; heat and stir till melted. Remove from heat; set aside. In top of double boiler combine the egg yolks and brandy; beat till frothy with electric mixer. Gradually beat in the ½ cup sugar till yolks are thick and lemon-colored. Place over simmering water (upper pan should not touch water). Cook and stir about 8 minutes or just till slightly thicker. *Do not overcook.* Place pan over cold water; beat 3 to 4 minutes or till consistency of mayonnaise. Stir chocolate mixture into yolk mixture. Wash beaters well. Beat remaining egg whites to soft peaks (tips curl over); gradually add remaining sugar, beating to stiff peaks. Fold chocolate mixture into egg white mixture. Pour into baked crust. Chill, covered, at least 3 hours or overnight. To serve, remove from pan; top with whipped cream and sliced toasted almonds. Cut into thin wedges. Makes 12 servings.

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From our Private Collection



Two gems for your holiday table setting. But we made them so easy to make that you'll want to show them off anytime your family deserves something special.

Fruited Cream Cheese Pie

8 oz. cream cheese, softened
1 cup C and H Powdered Sugar
1 cup whipping cream, whipped
1 prepared & baked pie crust (9″)
1 can (11 oz.) Mandarin oranges, drained
1 can (21 oz.) cherry pie filling
1 can (9 oz.) pineapple chunks, drained

Beat cream cheese and sugar until smooth. Thoroughly fold in whipped cream and turn into pie shell. Chill 2 hours. Arrange fruit in rings as shown. (8 servings).



Chocolate Nut Stacks

1/4 cup butter
1/2 cup C and H Brown Sugar, packed
1 egg
1/2 tsp. vanilla
2 oz. unsweetened chocolate, melted
1/2 cup flour
1/2 tsp. salt
1/4 tsp. baking powder
1 cup walnuts or pecans, finely chopped
whipped cream filling
8 maraschino cherries

Cream together butter, sugar, egg, vanilla. tir in chocolate. Combine flour, salt, baking powder, nuts. Blend into chocolate mixture. Drop by tablespoonfuls on greased cookie heet. Bake at 350° 10 minutes. Cool on rack. (Makes 24.) Whip 1 cup whipping cream, 1/4 cup C and H Powdered Sugar, 1/2 tsp. vanilla. Alternate layers of cookies and hipped cream. Top with cherry. (8 servings.)



For more recipes from Our Private Collection, send a self-addressed stamped envelope to: "Fast and Festive Recipes," C and H Sugar Kitchens, Dept. D, One California Street, San Francisco, CA 94106.

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A few words about taking care of your heart.

1. Avoid smoking. Smoking constricts blood vessels and may raise blood pressure.
2. Have your blood pressure checked regularly to be sure it's normal.
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Cake Decorating Pointers

Looking for a hobby that is fun for you and for others, too? Try cake decorating. With a frosted cake, some basic equipment, decorating frosting, and the following ideas, you'll be able to personalize cakes of all sizes and shapes to suit any special occasion.

Basic equipment

For your starter set of special cake decorating equipment, you need to round up only four items—a pre-shaped plastic (or acrylic-coated polyester) decorating bag and decorating tubes number 4 (writing), number 22 (star), and number 67 (leaf). Hobby stores, cake decorating supply shops, and even some department stores and catalogs carry these cake decorating supplies.

Simple flower designs

Everyone loves a cake bedecked with colorful flowers. The easiest ones to make are star flowers that are piped through tube number 22. Hold the tube at a 90-degree angle to the cake and squeeze gently to form a star. (Stop squeezing before withdrawing the tube from the cake surface.) Pipe on the flower stems and any writing by using tube 4 (hold the tube at a 45-degree angle to the cake). Then add leaves using tube 67 to finish the design. (For leaves, hold the tube at a 45-degree angle to the cake and squeeze the frosting out gently while pulling the tube away slightly. Stop squeezing and lift the tube away.)

To get the jump on decorating, you can also make star flowers ahead of time. Simply pipe the stars onto waxed paper and let them dry one or two days. Then carefully peel off the waxed paper, arrange the flowers on the cake, and "glue" each flower in place with dot of frosting.

Stars made with tube 22 also make an attractive border for a cake. Simply pipe side-by-side stars around the top and edges of the cake.

Cartoon cakes

A delightful way to personalize a cake is to depict a cartoon character as the bearer of your birthday greeting or other message. You can draw the character freehand if you're ambitious; if not, try our method of tracing the design on the frosted cake and then outlining with frosting.

First, find an appropriate design (coloring books are a good source) and trace it onto paper. Cut the design out and position it on the frosted cake. Using a pin or wooden pick, carefully trace around the design so you have an outline in the frosting. Gently lift off the paper cutout. Then, squeezing gently, follow the traced outline with a frosting line piped through tube 4.

Simply pipe on facial features and a message and the cake is finished. For a more detailed cake, fill in the outline with side-by-side dots piped through tube 4. "Dress" the figure by using different colors of frosting for the pants, coat, etc., and again squeezing out the side-by-side dots through tube 4.



Reynolds Brown-In-Bag means less cooking time and energy to create tender, juicy holiday meals.

The secret behind the old-fashioned, juicy flavor of Grandma's turkeys was simple. Moist heat cooking. It's even simpler today with Reynolds Brown-In-Bag. Natural juices stay inside foods as the bag helps keep out drying oven air. That means even the delicate meat of the turkey breast won't dry out. And turkey roasting time is cut substantially when you cook with Brown-In-Bag. As much as 30%. So it saves energy, too.

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CRANAPPLE FRUIT CUPS

1 cup sugar	4 cups (4 large)
1½ cups apple juice	pared, cored,
1 pound fresh cranberries	diced apples

Preheat oven to 350°F. Place regular size (10" x 16") Brown-In-Bag in 12x8x2-inch baking dish. Combine sugar and apple juice in bag; turn bag gently until sugar dissolves. Rinse and drain cranberries; discard stems. Combine with apples in bag. Close bag with tie; make 6 half-inch slits in top. Cook 45 minutes or until cranberries pop open. Chill to thicken before serving. Serve in fresh orange cups, if desired. For microwave, close bag following instructions inside package. Cook on high power 14 to 16 minutes, turning dish periodically. Makes 4 cups.

GREAT FOR MICROWAVE OVENS

More recipes are in the new Brown-In-Bag Flavor Saver Cookbook. Each includes instructions for microwave cooking. To receive this 40-page cookbook, send 25¢ in coin (no checks, please) to cover handling and mailing, along with your name and address to Reynolds Brown-In-Bag Flavor Saver Cookbook, P.O. Box 6704, Richmond, VA. 23230.



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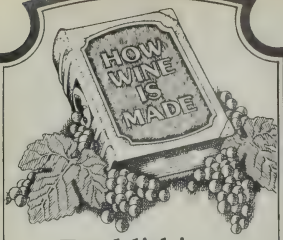
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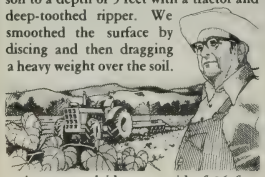


Establishing A Vineyard

6

To produce wine grapes of a truly premium nature, you must begin with a properly established vineyard. We recently added 80 acres to our Sonoma Valley vineyard, a project that involved many steps over several months.

We first cleared and contoured the land. Next we "ripped" or loosened the soil to a depth of 5 feet with a tractor and deep-toothed ripper. We smoothed the surface by discing and then dragging a heavy weight over the soil.



A surveyor laid out a grid of 96 foot squares and working within one square at a time, we laid out a row every 12 feet with vines spaced 8 feet apart. Vine locations were marked with chalk and a stake driven at each.

Vines were planted by hand, the roots carefully spread and watered before covering. The entire vine was then covered by a mound of loose soil to prevent sun damage while young. Trellis wires were strung throughout the vineyard to support future growth and finally we installed a drip irrigation system, a major project involving construction of a new reservoir.



A new vineyard such as ours is a lot of work, but if you're serious about consistent grape quality, it's worth the effort.

If you'd enjoy hearing more from the wine country, please write for our free monthly newsletter.

Sam. J. Sebastiani

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H6

Pattern potpourri

Mixing patterns is one way to pull a room together, but it takes some know-how. If you use one color as a common denominator, vary the scale of the prints, and keep pattern styles consistent, chances are the results will be as winning as the examples below.



Photographs: Maris/Semel. Source: Estelle Bond Guralnick

In this inviting sitting/guest room, the three plaids are all slightly different, but similar enough in size and color to mix well together. The small-print wallpaper keeps the plaids from overpowering the room.

Design: Sims Murray, Murray Ltd.



Here, five distinctly different patterns live together in close harmony. The reason? All are the same dark color, underscored by lots of bright white. Contemporary fabrics update the old-fashioned armchairs.

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Quilting tips

Next time you start a quilting project, keep these tips in mind. Many quilting books don't include them but they're worth remembering because they can help you get a more professional look.

- Before buying materials for an entire project, buy just ¼ yard of each fabric and make a sample block. Then, it's easy to detect and correct a weak color scheme or an inaccurate pattern.
- Polyester and cotton batting are cut to standard sizes and are sold in several thicknesses. Quality varies, so experiment with different brands.
- Unsuitable quilting fabrics are those which are tightly woven (canvas or duck) or which stretch and fray excessively (burlap and jersey).
- Always preshrink your fabrics.
- Instead of buying quilting thread, you can run Number 50 cotton thread through beeswax.
- Although cardboard patterns or "templates" are fine for small projects, plastic works better for quilt-size projects because it holds its edge longer than cardboard. You can buy acrylic templates at most craft stores or make your own from plastic coffee-can lids.
- Trace patterns onto the wrong side of folded fabric. Squares and rectangles can be placed lengthwise or on the cross grain; diamond shapes should have one edge on the straight grain. Try to use a common cutting line.
- When marking asymmetrical pieces, place each pattern wrong side up to avoid cutting a reverse pattern.
- When using fabric with a one-way design, cut and piece the fabric so the design goes in one direction.
- A hard lead pencil (Number 4), a dressmaker's pencil, and perforated quilting stencils with stamping powder can be used to mark designs onto the right side of fabric. When using a lead pencil, mark the fabric *very* lightly.
- Do not baste with black thread because the residue will mark the fabric.
- When piecing, run three or four stitches onto your needle at once, then go back one stitch.
- Iron all seams to one side.
- To prevent limp pillow corners, baste excess fiberfill into the corners before turning to the right side.

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Opening in Dallas, Tex. and Birmingham, Ala. this Fall.

Workable arrangements

How you handle space can mean the difference between a room that looks and works exactly the way you want it to and one that falls short on both counts. Both of these rooms demonstrate ways to get lots of mileage from whatever space you have.



Photographs: John Rogers. Source: Sims/Magazzine. Design: Jerry Oden

This smart study/guest room was originally a little-used second bedroom. The homeowners are avid readers and book collectors, so they wrapped the converted room in space-saving bookshelves, constructed of simple stock moldings and shelving. When overnight guests arrive, the two chairs and table move easily out of the way, and the sofa converts to a bed. The away-from-the-wall arrangement of furnishings allows easy access to all of the books and reinforces the room's cozy, intimate atmosphere.



Design: Jaye Skaggs Designs

This furniture arrangement effectively minimizes the "tunnel" effect of a long narrow room. Modular seating pieces, a peacock chair, and two simple tables form a U-shaped grouping that's perfect for relaxation as well as conversation. The focus of the grouping is a handsome home entertainment center. Television, stereo equipment, reading material, and games are all efficiently housed in the custom-designed wall unit. The narrow throw rug gives further definition to the conversation/entertainment area. A collection of paintings, sculpture, and artifacts displayed throughout the room provides lots of color and visual interest.



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BUILDING

Deck-side eating area

You can enjoy a scenic breakfast and never step outdoors with this deck-side eating area. Its sloping glass roof, wraparound windows, and sliding glass doors give breakfasters a dramatic view of the wooded hillside.



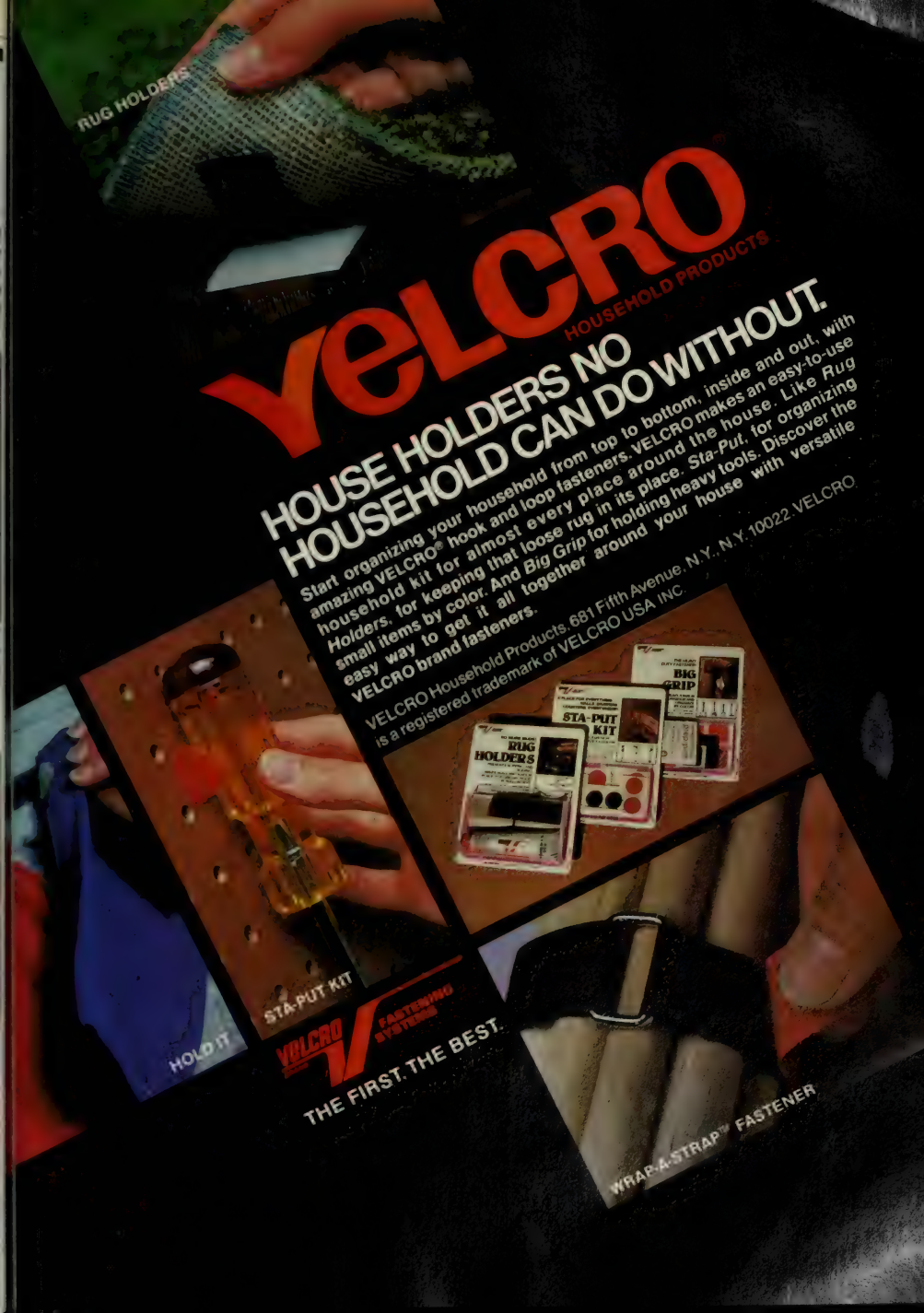
Photographs: Ernie Braun. Architect: Harold Bexton

One corner of the rustic deck was borrowed for the 8x8-foot breakfast room. The kitchen is located alongside, so food service is fast to both the breakfast room and the deck.



Source: Helen Heitkamp

Even though the addition is only 64 square feet, it visually enlarges the kitchen and entry because the rooms aren't separated by interior walls. The light brought in by the glassed-in breakfast room brightens the rest of the house, too. The walls of the addition are 1x4 tongue-and-groove cedar applied horizontally and set off with 1x4 redwood trim. The floor is covered with ceramic tile.


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Display your array

If collecting things is your cup of tea, don't be shy about putting your finds on display. It doesn't matter what kind of collection you have—the idea is to show off your favorite things for others to see and enjoy. Here's how an inveterate collector named Georgia Maisel displays her array of things and things.



Left: A small slice of wall in the master bedroom is where Georgia displays some of the many old and unusual fans she's collected over the years. The fans are mounted on double adhesive tape so the display can easily be changed or added to.

Right: Georgia's fondness for fans doesn't begin to match her passion for antique purses. Here a mirrored vanity doubles the impact of her silver, pewter, and beaded bags.

Photographs: Jessie Walker Associates





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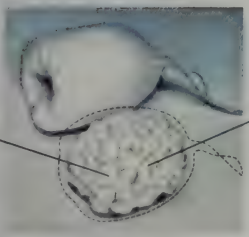
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Sponges to absorb fast.
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Super fibers for holding power.
Rely's super-absorbent fibers pull the flow from the sponges.
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t even absorbs the worry.

If you're worried that maybe your tampon isn't doing its job, you probably aren't using Rely.

Only Rely gives you double-absorbing action. Because Rely is made a whole new way. Not from compressed cotton and rayon, like other tampons, but from tiny expandable sponges and super-absorbent fibers, all contained within a silky outer covering.

Only sponges absorb like sponges.

And Rely's expand to absorb almost instantly. Your own body moisture makes this happen. While the sponges are absorbing, the super-absorbent fibers are drawing the flow out of the sponges and holding it deep inside the tampon. So the sponges can absorb even more. That's what gives you double-absorbing action.

Rely's the best protection against tampon by-pass accidents.

Because of its unique construction and super-absorbent materials, Rely fits better than any other tampon. It gives you superior protection against tampon by-pass (the accident that happens when there's a gap between your tampon and you).

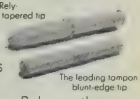


Rely expands as soon as you insert it, gently billowing out to a cup-like pillow. It's wide at the top and tapered at the bottom, to allow the vaginal walls to close around it snugly and protect you. If there's no gap for the flow to pass by, there's no tampon by-pass.

Some women find Rely's Regular size so absorbent, they depend on it exclusively. But if you're like most women, Rely Super on heavier days and Regular on lighter days will probably keep you free from worry.

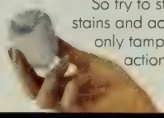
The assurance of comfort.

Just as Rely's expandable sponges fit you gently, they also stay with you. As you move, bend and flex throughout the day, Rely gently bends and flexes with you.



And its smooth plastic inserter with a tapered tip glides in easily, unlike those blunt-edge applicators that can pinch along the way.

So try to stop worrying about gaps, stains and accidents. Try Rely. It's the only tampon with double-absorbing action. It even absorbs the worry.



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Photographs: Hedrich-Blessing, Bruder, George Sebastian. Source: Sims Magazine



A well-planned addition

The amount of planning you put into an addition makes the difference between results that are just so-so and those that are smashing. And the more carefully you plan, the less chance you'll end up with pesky little "surprises."

This combination family/living room was built in carefully planned stages. The finished exterior, *above,* shows the care given to blending the addition with the rest of the house. The old and new structures have the same stucco facing, asbestos tile roof, pillars, and wood trim. New landscaping also helps tie the addition to the rest of the house.

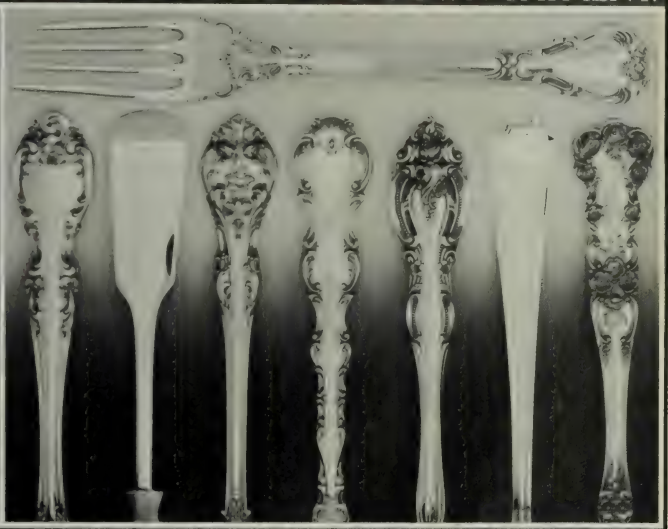
Inside, the attention to detail also paid off, *left.* The family room has the lived-in-and-loved look, yet it's always ready for company. And the room's spacious enough (18x29 feet) to handle anything from a cozy fireplace gathering to a large cocktail party. The floor is durable quarry tile and is partially covered by an Oriental rug that helps pull together the furniture grouping.

One of the most outstanding features of the room is the beamed ceiling. Most of the beams were taken from an old barn the family owned; there weren't enough beams to go around, however, so some had to be custom cut. The ceiling itself is tongue-and-groove siding. Spots mounted on each side of the brace beams and recessed lights installed between the braces answer every lighting need.

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Left to Right: Melrose, Old English Tipt, King Edward, Strasbourg, La Scala, Fairfax, Buttercup. Top: Chantilly.

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A SUN-FILLED, FUN-FILLED ADDITION

Although you'd never suspect it now, this spacious home started out as a cramped, two-bedroom dwelling. The owners opened up their claustrophobic house by adding a cheerful sun-room and an adjoining master suite. Now the house is almost twice its original size—and fully twice as much fun to live in.

The sun-room featured here helps bridge the considerable gap between the house and pool. And the corner of the L creates a wind-sheltered niche for outdoor activities.

Inside, the new space functions as a year-round dining and entertaining center as well as plant hostel. The 19x26-foot room provides ample space for a conversation grouping, dining area, and music center. And nearly every cubic foot is bathed with light from four sizable skylights and a wallful of glass.

A sleek cabinet along the wall opposite the patio entrance houses a TV set and stereo speakers. More storage is available on the shelves around the fireplace.

Doorways flanking the fireplace provide access to the dining room and kitchen. For easy care and good looks, the floor is covered with quarry tiles.







Photographer: Heorich-Blessing. Architect: Jamie M. Rohe, A.I.A. Designer: Waitman-Martin. Source: Sims/Magazzine


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Steaming Chowders



When is a soup a chowder? New Englanders will tell you chowders were originally fish or shellfish stews that got their name from the iron cooking kettles called *chaudières*. Now, the term chowder applies to almost any thick, creamy soup, with or without seafood. But one thing hasn't changed—it's still a popular soup-bowl supper.

BRATWURST-POTATO CHOWDER

- **1 4⅝- or 5½-ounce package scalloped potato mix**
- **3 cups water**
- **1 10-ounce package frozen mixed vegetables**
- **4 cups milk**
- **2 tablespoons all-purpose flour**
- **1 12-ounce package fully cooked smoked bratwurst, sliced**

In 4½-quart Dutch oven combine potatoes from mix and the 3 cups water; bring to boiling. Reduce heat and simmer, covered, for 5 minutes. Add vegetables; return to boiling. Cover and simmer for 10 minutes, stirring occasionally. Blend *½ cup* of the milk, the flour, and the seasoning packet from the potato mix; set aside. Add remaining milk and bratwurst to saucepan. Stir in flour-milk mixture; cook and stir till bubbly. Cook 2 minutes more. Serves 8.



RUEBEN CHOWDER

The famous corned beef and kraut sandwich was the inspiration for this hearty soup—

- **3 cups milk**
- **1 can condensed cream of celery soup**
- **½ cup shredded process Swiss cheese (2 ounces)**
- **1 16-ounce can sauerkraut, drained and snipped**
- **1 12-ounce can corned beef, chilled and diced**

• • •

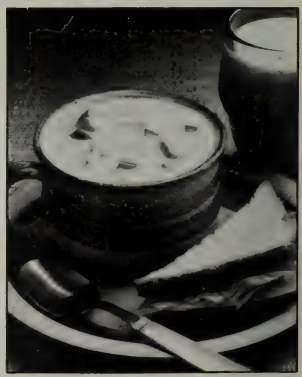
- **4 to 6 slices rye bread**
- **3 tablespoons butter or margarine, softened**
- **1 teaspoon caraway seed**

In large saucepan stir milk into celery soup and cheese. Add sauerkraut; cover and simmer 15 minutes. Add corned beef; heat 10 minutes. Serve with *Caraway Toast Triangles:* Butter both sides of rye bread; sprinkle with caraway seed. Cut into triangles; place on baking sheet. Toast in 300° oven for 20 minutes. Makes 4 to 6 servings.

CHICKEN CHOWDER

This simple chowder cooks in just 15 minutes—

- **1 medium potato, peeled and cubed (1 cup)**
- **½ cup chopped celery**
- **3 cups milk**
- **1 16-ounce can cream-style corn**
- **1 cup chopped cooked chicken**



- **1 teaspoon salt**
- **⅛ teaspoon pepper**
- **⅛ teaspoon ground nutmeg**

In large saucepan cook potatoes and celery in milk about 10 minutes just till tender; mash slightly. Stir in corn, chicken, and seasonings. Simmer, uncovered, for 5 minutes more. Makes 4 to 6 servings.



Unretouched photo

Butter.

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It cooks up plump and juicy. Rich golden brown on the outside. Moist and tender on the inside. Just the way you'd expect real butter-basted turkey to be.

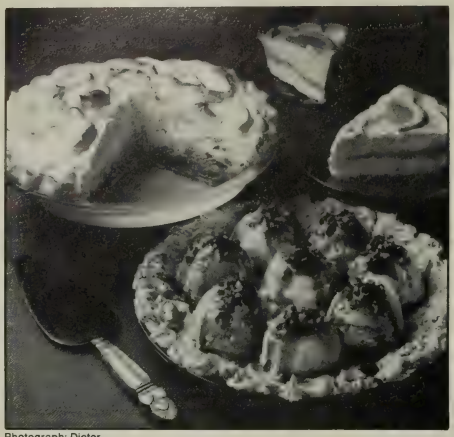
We didn't put butter in our name, but we sure put butter in our bird.



The Armour Golden Star Turkey

Fresh or fresh-frozen

Party-special ice cream pies



Photograph: Dieter

When you need a dessert you can make ahead and forget till party time, try any of these ice cream pies. They're company spectaculars that taste as good as they look.

WALNUT ALASKA PIE (back left)

1 pint chocolate ice cream
1 9-inch baked pastry shell, cooled
1 5-ounce jar (½ cup) walnut ice cream topping

• • •

1 pint vanilla ice cream
½ cup chopped maraschino cherries

• • •

3 egg whites
½ teaspoon vanilla
¼ teaspoon cream of tartar
⅓ cup sugar

In a chilled mixing bowl soften chocolate ice cream using a wooden spoon to stir and press against side of bowl. Soften till just pliable. Using a metal spatula, spread the softened chocolate ice cream in the baked pastry shell. Immediately spread the walnut topping over ice cream. Freeze firm. In another chilled mixing bowl soften the vanilla ice cream using a wooden spoon to stir and press against side of bowl. Soften till just pliable. Stir in cherries. Spread mixture over frozen layer in pie shell. Return to freezer; freeze several hours or overnight.

Just before serving, beat egg whites, vanilla, and cream of tartar in mixer bowl till soft peaks form (tips curl over). Gradually add sugar, beating to stiff peaks (tips stand straight). Spread over frozen pie, carefully sealing to edge of pastry. Swirl the meringue in a circular motion to make decorative peaks. Place the pie on a baking sheet. Bake in 475° oven 3 to 5 minutes or till golden. Serve at once.

FROZEN YOGURT PIE (front)

For a rainbow effect use 1 pint each of frozen yogurt in contrasting colors—

2 pints pineapple, strawberry, raspberry, peach, *or* lemon frozen yogurt
1 recipe Meringue Crust

• • •

½ cup strawberry preserves
2 tablespoons sherry
¼ cup chopped pecans

Arrange scoops of yogurt in baked and cooled Meringue Crust. Freeze several hours or overnight till firm. Just before serving, combine strawberry preserves and sherry. Drizzle over scoops of frozen yogurt. Sprinkle with chopped nuts. Slice pie and serve immediately.

To make Meringue Crust: In mixer bowl beat together 2 *egg whites,* ½ teaspoon *vanilla,* ¼ teaspoon *salt,* and ¼ teaspoon *cream of tartar* till soft peaks form (tips curl over). Gradually add ½ cup *sugar,* beating till stiff peaks form (tips stand straight) and sugar is dissolved. Fold in ½ cup *chopped pecans.* Spread mixture in a well-buttered 9-inch pie plate, building up sides to form a shell. Bake in 275° oven for 1 hour. Turn off heat; let dry in oven with door closed for 1 hour. Cool completely.

ORANGE BRICKLE PIE (back right)

Another time, try using white crème de cacao in place of the orange liqueur—

¾ cup sugar
6 tablespoons butter *or* margarine
¼ cup frozen orange juice concentrate, thawed
2 tablespoons water
Dash salt
2 beaten eggs

• • •

1 quart vanilla ice cream
1 9-inch baked pastry shell, cooled
2 tablespoons orange liqueur
2 orange slices (optional)

In a saucepan combine sugar, butter or margarine, orange juice concentrate, water, and salt. Add eggs. Cook and stir over low heat till mixture bubbles. Cook and stir 2 minutes more. Cover surface with clear plastic wrap; chill.

In mixing bowl soften *half* of the ice cream using a wooden spoon to stir and press against side of bowl. Soften just till pliable. Using a metal spatula, spread ice cream in baked pastry shell. Quickly top with orange mixture. Freeze firm. Soften remaining ice cream and stir in orange liqueur. Spread over pie. Freeze several hours or overnight. (Ice cream will not freeze firm.) Serve immediately from freezer. Top with orange slices, if desired.

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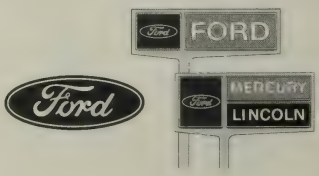
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B. Steam Machine dishwasher with delay start



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For Classic Kitchens



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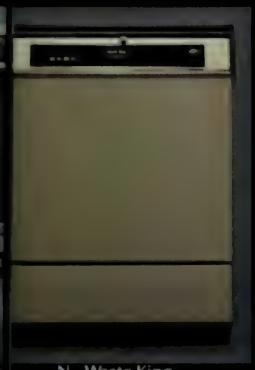
F. Self-cleaning double oven



G. Micro-Thermal oven



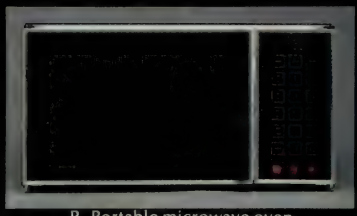
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N. Waste King Steam Machine dishwasher



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G29F Char-Glo gas grill gives outdoor taste to indoor broiling.

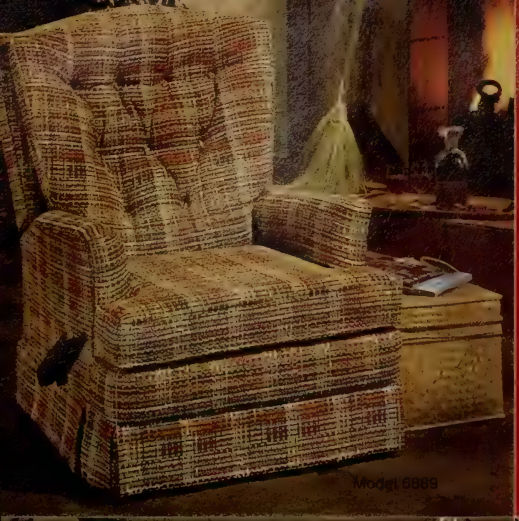
P. MC25 Computerized portable microwave oven with touch memory, Temp-Matic probe, browner element and Stay-Hot Control.™ Conveniently compact. Can be built-in with available accessory kit.

Q. MTR17 Microwave oven with pushbutton controls, *browner element* and Stay-Hot Control.™ Hangs under cabinet.

Illustrations are representative of products and not shown to comparative scale. For information on the complete line of Thermador/Waste King Products, write: Thermador/Waste King, 5119 District Blvd., Los Angeles, CA 90040 (213) 562-1133 Dept. #27

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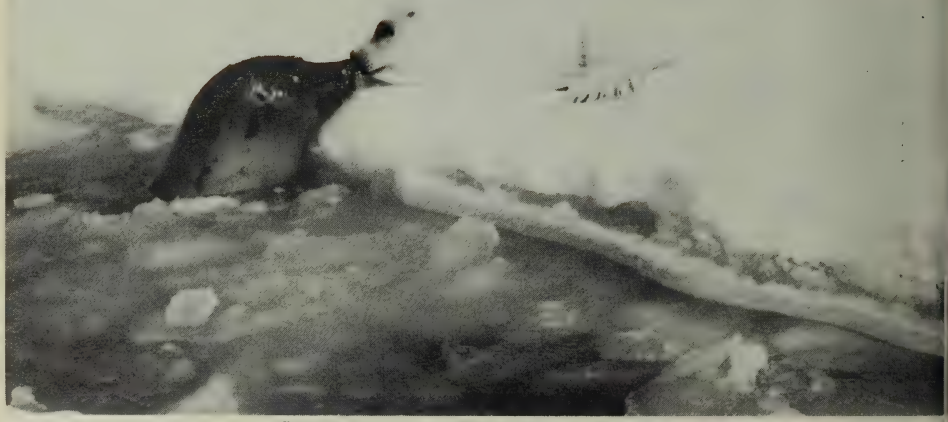
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SF/W/5

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(Frank Kirtten Jr., Vice President of Nettie's Flower Garden, wreathed in smiles.)

"Contrary to popular belief, life in the flower business is no bed of roses.

"It's a jungle out there.

"And although, as Vice-President of the largest flower business in St. Louis, I'm an expert on the likes of Floridian gladioli, Dutch parrot tulips and South American carnations, what I used to know about media buying did not amount to a hill of beans.

"So, like my competition, I depended on radio, local newspapers and the inevitable neighborhood grapevine.

"But as my business began to branch out from corsages to conventions, bouquets to banquets, I wanted a media buy that would reach more successful businessmen without nipping too far into my advertising budget.

"Then last year, my advertising agency—Harris McKenna Meng—told me about MNI.

"Magazine Networks, they said, is an inexpensive way to buy national upscale magazines in compatible local groups. With networks you can choose demographically, geographically, even psychographically. In markets as local and diverse as Denver, Rochester, Kansas City and Miami.

"So in the past year, ads for Nettie's appeared in magazines like Better Homes and Gardens, House & Garden and House Beautiful.

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Won't you telephone 989-1250 for additional information? **Now, before you forget?** It's not fair to keep a kid waiting. And it's not fair to yourself to risk missing out on one of the truly gratifying experiences—helping somebody else to grow up feeling care for, needed, loved.

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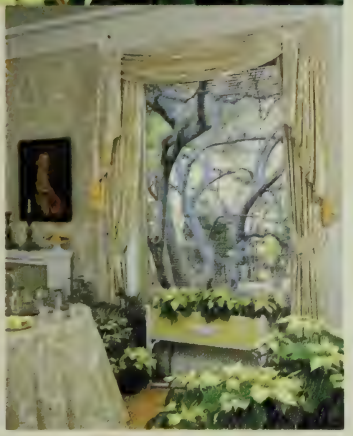
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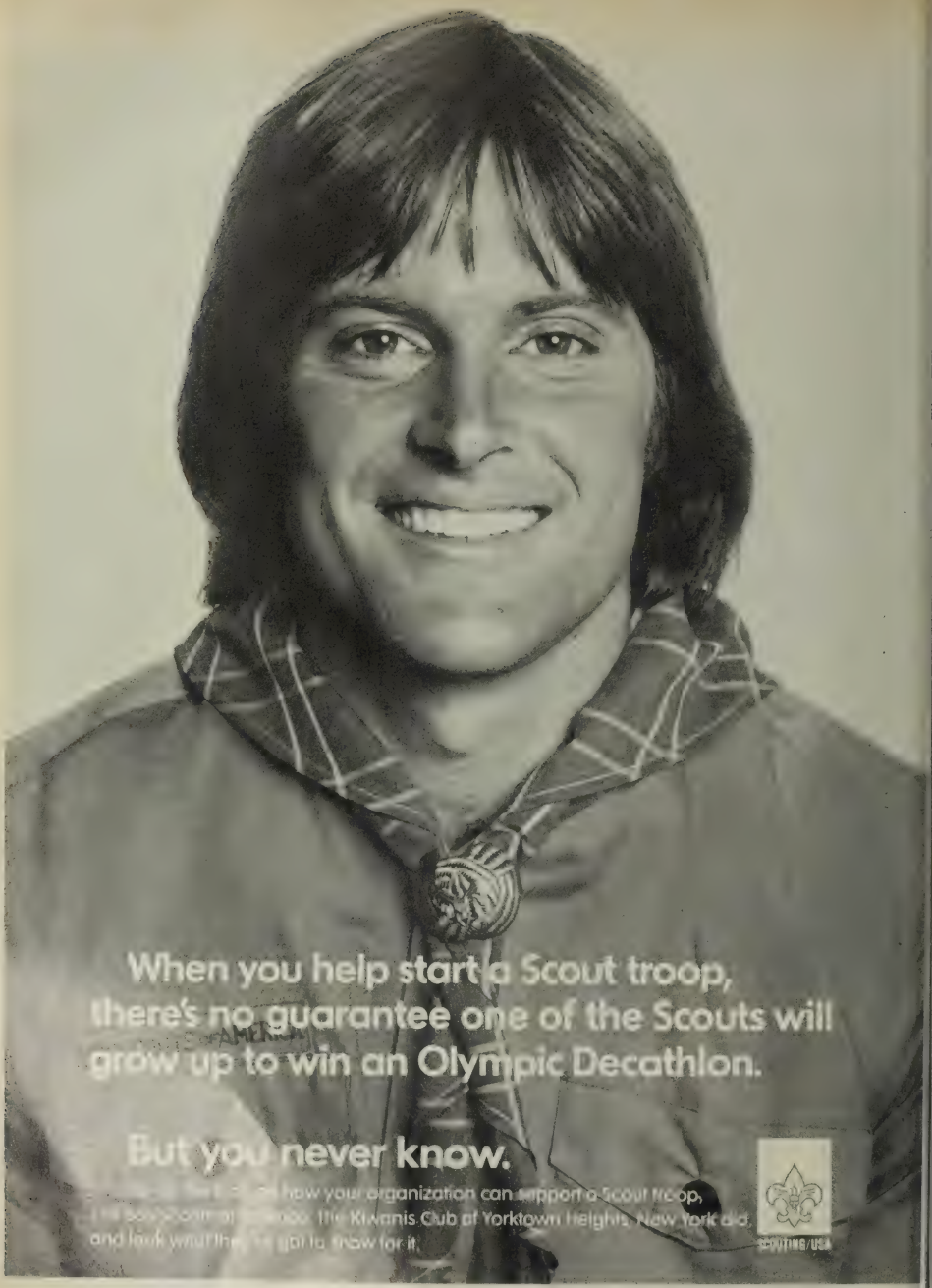
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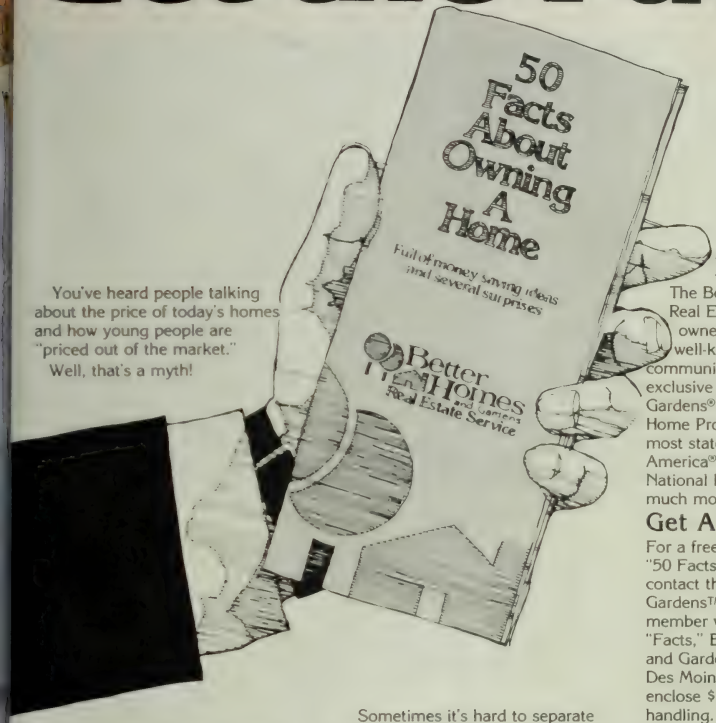
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Suit-yourself room juggling

Sometimes just a rearrangement of rooms is all that's needed to make a home more livable. In the case of this West Coast stucco, moving the master bedroom from the first floor to the basement opened up space for a sitting room. Tied into the remodeling was a small greenhouse addition.

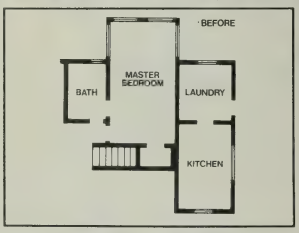


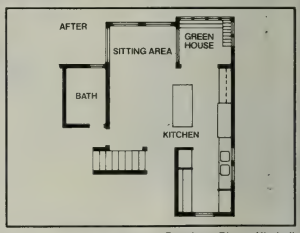
Photographs: Ernie Braun. Architect: Donald Olsen Assoc. Source: Helen Heitkamp

You can see the greenhouse in the exterior photo at right. The room adjacent to the greenhouse (formerly the master bedroom) is the new sitting area. A bit of the master bedroom, now located in the walk-out basement, is visible below the deck in the photo.

The walls that originally separated the bedroom from the kitchen were torn down to open up the area into one large room, *below*. Paired beams run along the line of the former wall. The kitchen island visually separates the two rooms, but they function as one for informal dining and entertaining.

Gourmet cooking is a specialty of the homeowners, and with the sitting room close-by, guests are never far from the action. Guest chefs can help out at the marble-topped kitchen island, *below right*, or kibitz from the bar stools. The new greenhouse beyond the kitchen is a beautiful backdrop for mealtime activities.





Drawings: Blaser-Kimball







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DECORATING

Corner compositions

Often, the same architectural oddities that give an older home personality can pose real decorating problems. In this New England home, for instance, the awkwardly placed corner windows defy conventional "treatment." Here's how the homeowners turned them into decorating assets.



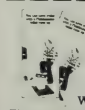
Photographs: Harry Hartman

▲ In this living room, a recessed window area proved the ideal place to position a family music center. Natural light is a big plus for daytime practice sessions, so the window was not given a conventional cover-up. Instead, a hanging lamp and plant were used to partially screen the window.



Design: Carol and Hasse Antonsson
Source: Estelle Bond Guralnick

▲ How can you minimize the awkward placement of a corner window? In this youngster's room, an understated treatment does the trick. Simple natural wooden shutters on the bottom half of the window protect privacy and still let in plenty of natural light.



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SHOPPING

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Winter-style catsup

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Photography: Darter

WINTER-STYLE CATSUP

- 1 cup vinegar
- 1 teaspoon mixed pickling spice
- ¾ teaspoon *each* celery seed, dry mustard, and ground cinnamon
- ½ teaspoon whole cloves
- ¼ teaspoon ground allspice
- 5 28-ounce cans whole tomatoes, cut up
- 1 medium onion, chopped (½ cup)
- ¼ teaspoon cayenne
- 1 16-ounce can applesauce
- 1 cup sugar

Combine vinegar and next six spices. Cover; bring to boiling. Remove from heat; cool. Cover; set aside. Place *undrained* tomatoes in a 10-quart Dutch oven with onion and cayenne. Bring to a full boil; reduce heat and simmer, uncovered, for 15 minutes, stirring occasionally. Put tomatoes through a food mill. Cool, then refrigerate, covered, several hours or overnight. Skim off any clear liquid and discard. Return remaining tomato liquid to kettle. Add applesauce, sugar, and 1 tablespoon *salt*. Bring mixture to boiling; reduce heat and simmer, uncovered, for 2 to 2½ hours or till mixture is reduced by half. Strain vinegar mixture into tomato mixture; discard spices. Stir to blend. Bring to a rolling boil; boil 20 minutes. Pour into clean, hot pint jars, allowing ½-inch headspace; adjust lids. Process in boiling water bath 5 minutes (start timing after water returns to boiling). Makes 3 pints.



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How to choose and use a travel agent

Unless the trip is as uncomplicated as driving to Grandma's house for the weekend, putting it together can be a nerve-frazzling experience. Where and when to go? What to eat? What to see? What to do? Should you rent a car? And, if you're planning to fly, what's what in the ever-changing conglomeration of air fares and special deals? Trying to figure all that out and keep within your budget is enough to daunt even a seasoned traveler.

Help on the way

Here's where travel agents come in. In theory, they can uncomplicate your vacation planning and make preparing for a trip easier on everyone. They can make all reservations, handle the tickets, and generally fill you in on everything from how much to tip the bellhop to where to shop for local arts and crafts. They sometimes can save you money, too, through special fares, package deals, and other bargains you might never hear about on your own.

But there are good travel agents and bad ones. One severe critic—an airline executive—maintains that a majority of agents are in business mainly for the free, or almost free, travel opportunities that come their way. These familiarization trips, called "fams" for short, help keep agents informed, firsthand, about destinations they recommend to customers. Granted, a small minority of less than conscientious agents take advantage of these junkets just to have a great time. (Critics say that's how young single women sometimes end up on cruise ships filled with elderly couples and why families arrive at hotels that don't have records of their reservations.) However, the majority of travel agents operate professionally and value their reputations.

What's the price?

Usual services of travel agents—basic advice, reservations, etc.—are free. In fact, except for a few special services and sometimes charges for long-distance phone calls and cables, whatever you buy through a travel agent should cost no more than if you bought it directly from the airline, hotel, car rental agency, or other supplier. Travel agents get paid on commission by suppliers—a fact agents trumpet loudly.

On the other hand, there's another big financial consideration that's rarely discussed at all. Since travel agents work on commission (sometimes their cuts go as high as 30 percent, though ten to 15 percent is more typical), it follows that the more you spend, the more they make. Unfortunately, it also follows that the more money agents save you, the less they earn.

This puts travel agents in the same category as insurance salespeople, stockbrokers, and real estate agents. Though they all prefer to stress the service they provide, they're all in the business of selling. And thanks to the commission structure, travel agents are tempted to push high-commission items and downplay money-savers that might be more to your liking.

For instance, when the nation's airlines began a round of cut-rate air fares a year or so ago, travel agents complained loudly. The new lower fares, they said, meant lower commissions. How much can an agent earn booking no-frills flights? One agent candidly admitted she was devoting more of her time to vacationers who wanted profitable package tours and cruises than to travelers just booking flights. In all fairness to travel agents, however, keeping on top of proliferating air fares these days is an endless challenge. Give agents the time and opportunity to track down the best deals for you. In fact, being skeptical of agents who quote air fares "off the cuff" may save you money.

Similarly, few agents can make much money booking travelers into low-priced hotels, pensions, or other sleep-cheap accommodations. The commissions just aren't worth the effort. For example, an agent can book a $1,500 cruise about as simply as a $15 hotel room. In fact, unless you're in the $30-a-night range or higher, you might be asked to write the hostelry for reservations yourself. Or you might get a pitch for costlier accommodations.

Now that doesn't mean every travel agent is out to push you into a vacation you don't want or can't afford. Morality aside, smart agents are interested in winning satisfied customers.

continued

Drawing: Graphic Corp.

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continued

Travel agent

Two-thirds of a typical travel agent's income results from repeat business, so it pays to cultivate happy customers.

How to pick a good one

In most parts of the country, travel agents don't have to be licensed to do business. Except in four states (California, Hawaii, Ohio, and Rhode Island), anyone can set up shop as a travel agent. So with over 15,000 travel agencies—and who knows how many agents—doing business in the U.S., how do you find a good travel agent? First, look for an agent who's been in business a few years—an indication that at least some travelers think the agent's services are good. Next, look for a sticker on the door indicating approval by such groups as the Air Traffic Conference (ATC) or the International Air Transport Association (IATA). Both organizations require a good business record and financial stability—points in an agency's favor.

Membership in the American Society of Travel Agents, called ASTA for short, is another plus. This 48-year-old professional organization demands certain standards of performance from its members. For instance, agents must have been in business for at least three years to be eligible for membership. The Society also staffs an office to which disgruntled customers can complain. Write Consumer Affairs Committee, American Society of Travel Agents, 711 Fifth Avenue, New York, New York 10022. Again, ASTA membership is no guarantee, but it can help steer you to a good agent. For a list of ASTA agents in your area, write to the Public Relations Department at the address above.

Big or little operations?

Many travelers think huge, worldwide travel agencies are too impersonal to give really concerned service. And almost everyone agrees that doing business with one-person-at-home shops is risky. Your best bet might be a prosperous, medium-sized, independent agency—large enough to serve you, but small enough to value your business.

If the time comes when you need some extra clout to make your vacation plans a reality (a last-minute ticket to Aruba in midwinter, a hotel room in Rome in August), an established middle-sized agency often can supply it. The "big boys" may not want to bother; beginning or solo agents may not have the clout. Though hotels and airlines rarely admit it, good travel agents can sometimes come through with a reservation even after you've been told "Sorry—filled up."

If you live in a small town, don't automatically think big-city agencies are best. A good local agent often gives more personal attention and gets to know your tastes better than someone in a larger office miles away. If you live in a city, you'll probably have to sift through a roster of specialized agencies —for business travel, cruises, Eastern Europe, etc.—before you find just the right one.

Advice that pays off

Word-of-mouth endorsements are by far the most reliable help in choosing a travel agent. Get recommendations from friends and relatives; ask professionals and business people you know. But weigh all their suggestions carefully and allow for differences in taste. The travel agent who sent your two young cousins trekking through Nepal, for instance, may not be the right one to book a restful week in Acapulco for you. Pay extra attention to the advice of folks with vacation styles similar to yours.

Knowing your own likes and dislikes, of course, is crucial to vacation planning. Serious travel agents always start by finding out what your tastes are and what kind of vacation you really want. Agents who hand you a batch of brochures or ask only a question or two before suggesting the "Tour of the Month" don't deserve your business.

Conscientious agents will honestly explain brochures and price tables, outlining the good points and the drawbacks. One of your first questions should be "When were you there last?" Ideally, an agent has visited the destination you're considering *recently*. If not, he or she will call on a colleague or client with firsthand knowledge. Agents who sell strictly from brochures aren't offering professional advice.

What travel agents really do

Travel agents make plane reservations and book hotel rooms, that's true. But they can do much more, too: book cruises and foreign train travel; locate economical airplane-hotel-car-rental packages; make reservations at major restaurants; arrange sight-seeing tours; help with travel documents, like passports and visas; and provide general travel planning advice, like what clothes to take along, etc.

Always ask agents if there will be any extra charges for services you request. If you choose a foreign hotel that doesn't have a local representative, for example, an agent may legitimately charge you for cabling your reservation request. After all, you'd have to pay to send a cable on your own. But you have a right to know about the charge in advance.

Ask, too, if cancellations because of illness or for other reasons will result in penalties—especially with package tours. A conscientious, fair travel agent —the kind you'll want to come back to for your next trip—volunteers this information even before you ask.

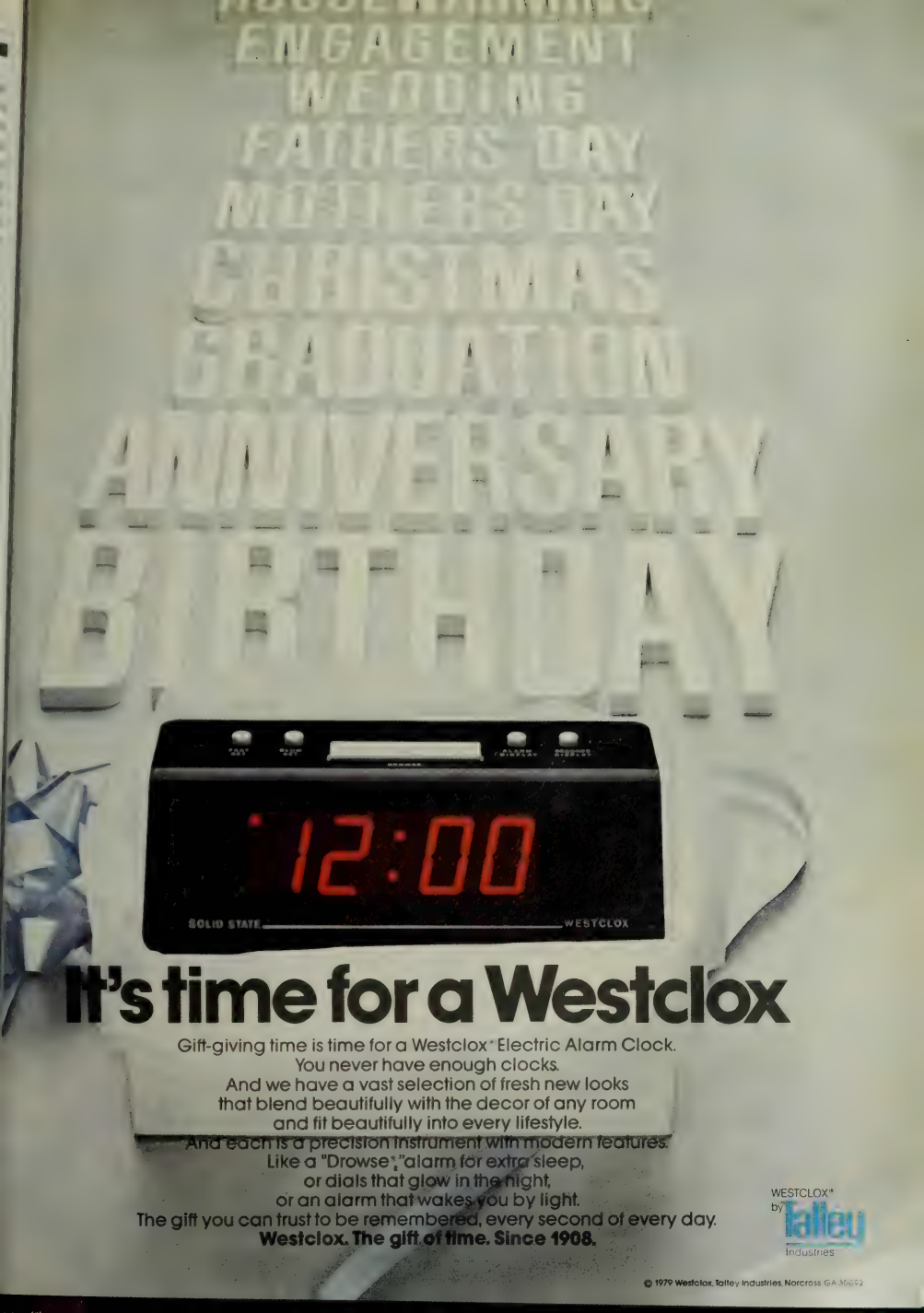
Some smart agents win points for caring by telephoning clients after their return to ask, "How was your vacation?" The calls also often provide information about a particular destination that helps agents serve future clients better.

Is a travel agent for you?

If you're planning a major vacation, odds are the trip will be your biggest single investment of the year. That's a good reason to let a professional handle it. Chances are you'll have fewer hassles, and you can concentrate on enjoying the trip.

Of course, there's no reason you can't handle your own vacation from start to finish. There's little a travel agent can do that you can't—with the exception of actually writing tickets. However, the whole process calls for considerable time, effort, and self-education.

Some vacationers, on the other hand, prefer the middle-of-the-road approach. They do their own homework (contacting tourist offices, reading books, magazines, etc.) and pool their resources with a travel agent's expertise to decide what's best for them. That way, you know what you're buying, but you're leaving the nitty-gritty details to a pro.



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HOUSEPLANT HOW-TO

If you like the looks of ivies, heart-leaved philodendrons, and other trailing houseplants but don't like their sprawling or hanging habit, here's a solution. Train them into a decorative geometric pattern. Given a firm hand, these accommodating vines will grow in any shape you wish: diamond, square, triangle, or circle.

One of our favorite designs is the double ivy ring. To make your own double ivy ring, bend coat hanger wire, or wire of a similar gauge, into two rings, one three inches smaller than the other. Then, securely wire the larger ring to a sturdy wire or wooden stake. Use a stake that is long enough to give plenty of support, but short enough to be well hidden when inserted in a pot of soil.

After the larger ring is wired onto the stake, fasten the smaller ring to the inside of the larger ring with florist's wire or inconspicuous fishing line. Be sure the small ring is centered so that there is at least two inches of space between it and the larger ring. When the wire rings are fastened together, push the support stake into a soil-filled pot.

Now it's time to add a layer of sphagnum moss. You can buy chopped sphagnum moss at almost any nursery or garden supply store, but you'll have better luck if you shop around and find a store that sells uncut, long-fibered moss. It's easier to work with than chopped moss.

Dry moss is brittle and hard to shape, so presoak it overnight in a bucket of water to make it more pliable. Then, remove the moss from the water and squeeze to make all the excess water run out. Roll the moss into cylindrical cakes and gradually line the wire rings, being sure to work the moss completely around the wire. Tie the moss to the rings with florist's wire. Keep adding moss until it is about an inch and a half thick on each of the two wire rings.



Photograph: William Hopkins. Designer: B. J. Casselman

When you have finished adding the moss to the rings, plant two or three young ivy or philodendron plants at the base. As the young plants grow, tie them to the moss. Keep the rings well misted. Eventually the plants should adhere to the moss on their own. If you already have an overgrown ivy or philodendron, cut it back and treat it as you would a young plant.



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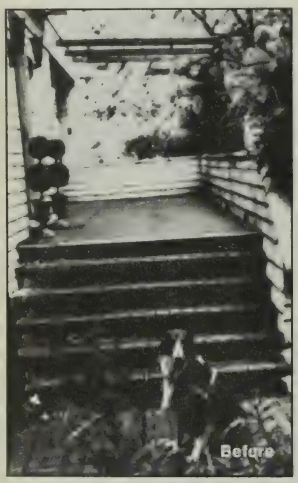
A classy, glassy conversion

Prefab greenhouse sections can be an easy way to make more room for people as well as plants. Here, for example, greenhouse panels were used to turn a porch into a year-round multi-functional room.

This 7x15-foot porch was ready and waiting for conversion to full-time living. The foundation was sound enough to build over, and the railing was used for the walls. Modular greenhouse parts economically bridged the railing-to-house area, and short wing walls filled the gaps on the sides.

Inside the "greenhouse," *photo bottom left,* a window seat turned the new room into a cozy spot for relaxing. The sweep of glass opens up a lovely view.

At the other end of the room, *photo bottom right,* there's space in the corner for a small table—just right for an odd-hours snack or a romantic dinner for two. A twist of a pulley opens the upper glass panels to catch the breezes.





Photographs: Ernest Braun Source: Helen Heitkamp







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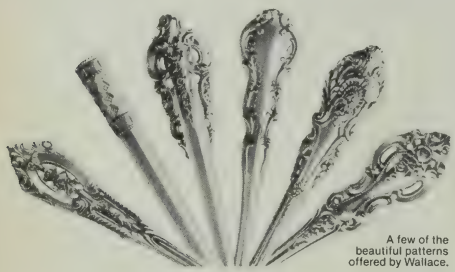
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A detail of the Grande Baroque pattern.



Sugar Spoon in the Grande Baroque pattern.

Serving pieces are just as important as a place setting.

You will be adding serving pieces to your sterling service in the years to come, so look beyond the basic place setting. Ask to see the gravy ladle and tablespoon, the sugar spoon and butter knife — all the pieces you'll want to complete your service.

Look at each carefully for size, for beauty, for the hand detailed craftsmanship that serving pieces should have. And be sure there's enough of a selection. For example, Wallace offers 60 different items in the Grande Baroque pattern, and a wide selection in other styles.



Tea Service in the Baroque pattern.

Don't overlook silver holloware: the ultimate complement to your table.

Wallace is an acknowledged leader in fine silver holloware and designs are compatible with any flatware, china or crystal pattern. Each piece is a superb example of the silversmith's art and the selection is extensive. In the Baroque design alone, Wallace offers over 125 matching pieces. Candlesticks, coffee and tea services, trays and serving dishes — these are the accessories that make the difference between a beautiful table and one that is truly grand.

Sterling says it all.

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Shopping editor's choice

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Ann Lively

Luminated Santa Display



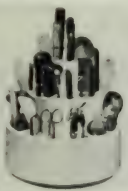
Over 10 ft. long, 1½ ft. high. Jolly Santa and 4 reindeer with lights and reflectors. Easily attaches to roof or takes firmly in the ground. Set includes outdoor cord & socket, bulbs, reflectors. $14.99 + $1.75 post. Order from Old Village Shop, Dept. VZ-2026, Hanover, PA 17331

Left-handed catalog



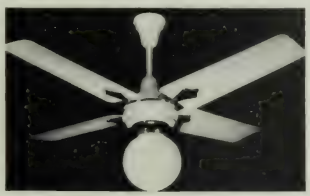
72 pages of useful and interesting items especially made to make life a little easier for southpaws. Included are scissors, crochet instructions, ball gloves, etc. If you're left-handed or know someone that is, this is a *must!* Send 25¢. Walter Drake, Dept. H70 Drake Bldg., Colorado Springs, CO 80940

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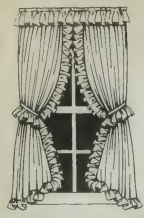
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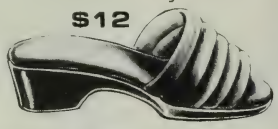
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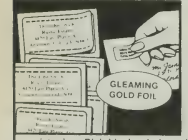
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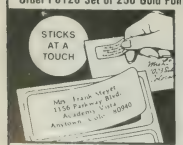
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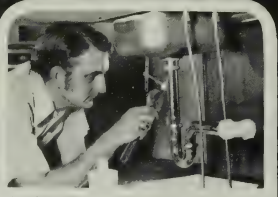
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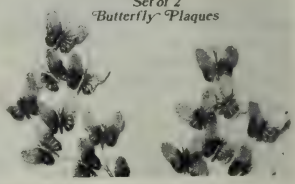
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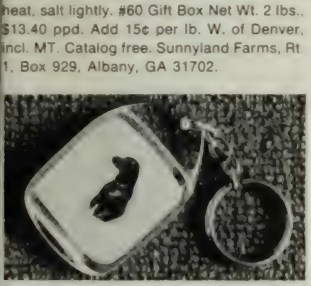
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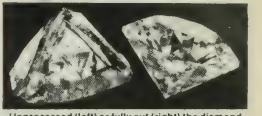
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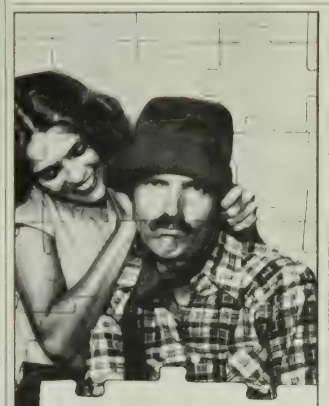
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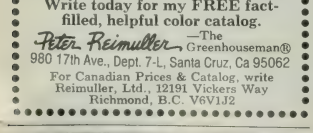


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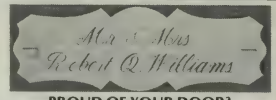
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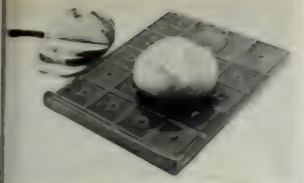
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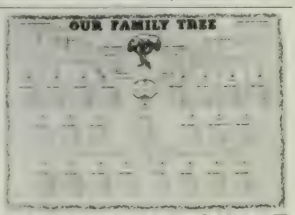
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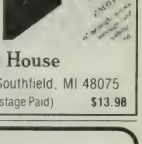
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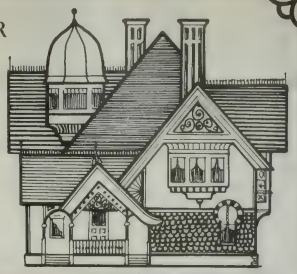
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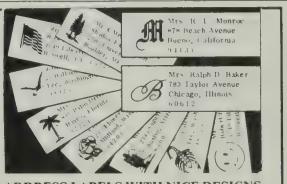
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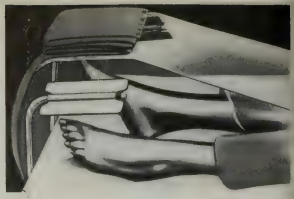
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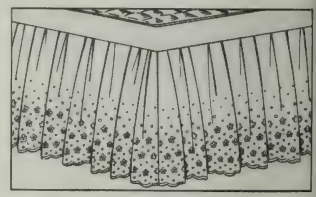
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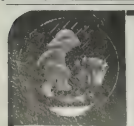
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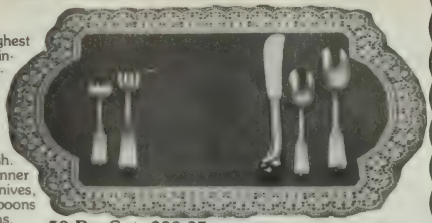
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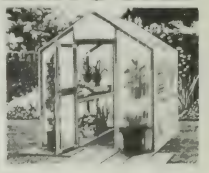
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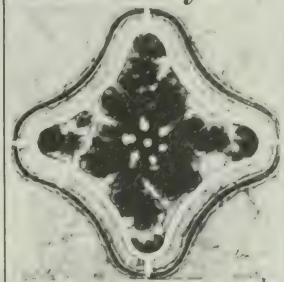
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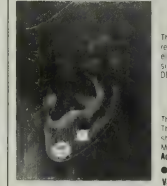
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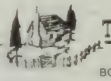
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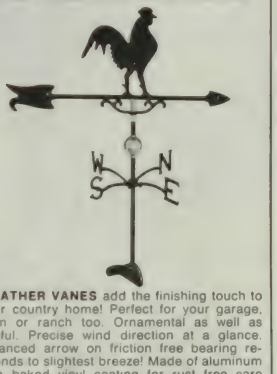
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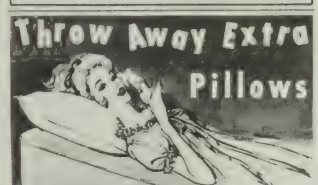
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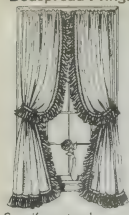
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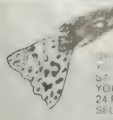


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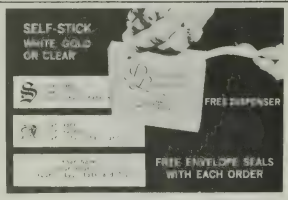
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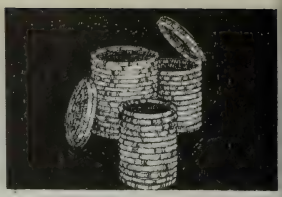


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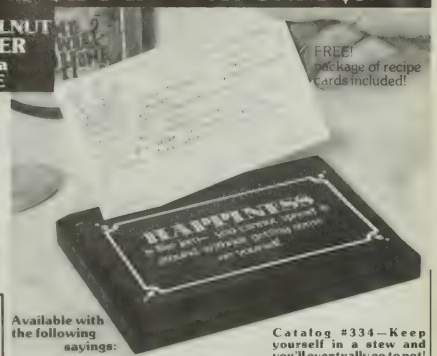


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The Man Next Door®

Ken Floyd brags a lot about the fuel economy of his new compact car, but I've observed that his son Ben's tricycle efficiently travels two blocks on one cup of hot chocolate.

Our Judy, age 11, is studying business methods in school and seems to have grasped the basics quickly. Instead of asking for her allowance this week, she submitted a neatly written bill.

Burt, Jr., expressed reservations when I asked him to help rake leaves last weekend. It seems he's apprehensive about the environmental impact such a technological intrusion might have on our backyard ecosystem.

Our quiet bachelor friend, Henry Bell, recently signed up for a course in assertiveness training. While he isn't yet convinced that the instruction will be successful, he claims he already has acquired the courage to demand his money back if he isn't satisfied.

Christine has discovered that the new drive-in bank facility downtown fills a definite public need: It provides a convenient driveway that bypasses one of our town's busiest intersections.

Bill Norman says that even though the newly licensed teen-age driver down the street may not leave his footprints in the sands of time, he'll undoubtedly leave his skid marks in the middle of the street.



"Are we upper class, lower upper class, upper middle class, middle class, lower middle class, upper lower class, lower class, lower lower class, or what?"

My morale received a boost when Rosemary wrote from college that a campus opinion poll showed that the majority of the co-eds prefer older men. However, further questioning revealed that most of the girls thought "older" meant "about 25."

Isabel Norman says she's shocked by the racy scenes in some of today's movies, but she concedes that it has been months since she's had to nudge husband Bill awake in the theater.

During our telephone visit the other day, Aunt Opal said she wished that November instead of December had 31 days—she could use the extra shopping time before Christmas. In our case, we can barely afford the present number of shopping days.



Our family is addicted to completing those "self-analysis" articles that appear so frequently in some national publications. I don't think anyone is immune to wanting to know more about him- or herself—that's why such articles always get high readership.

The other evening, Christine and I thumbed through a stack of old magazines, and we came across several such articles. We couldn't resist taking these personality tests:

- *"How to tell if you're a workaholic." (We both flunked that one.)*
- *"The amount of sleep you get offers clues about your personality" (and, I might add, what time you have to be at work in the morning).*
- *"The pets you choose: What they disclose about your inner self." (We still haven't figured out the implications of Judy's chameleons.)*
- *"Shopping for romance—colors of gifts chosen by men signal what they think about women." (Consider the romantic entanglements that might lie ahead for defenseless Burt, Jr.—he's color-blind.)*
- *"What your dreams tell about the real you" (perhaps that you spend too much time sleeping?).*
- *"Furniture in your home reveals your personality" (wobbly and threadbare in our case, I'm afraid).*

I suppose the results of all these tests have some significance when expertly evaluated, but I wondered about an article entitled, "How you handle your garbage tells a lot about the health of your marriage."

Christine and I never argue about who takes out the trash, and according to the marriage counselor quoted in the article, that indicates we have a relaxed attitude toward daily life and living together. I can vouch for the conclusion, but I don't put much stock in this particular method of evaluation. And I certainly hope no enterprising trash collectors will be inspired to offer marital counseling based on their professional opinions of their clients' garbage handling!

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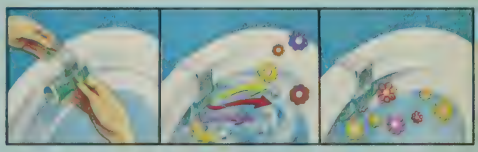
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Introducing Befresh! Now you can have the advantages of an air freshener and bowl cleaner in one. Befresh! clips right in the toilet bowl, works like a deodorizing shower, releasing a refreshing fragrance with every flush.
It even keeps the bowl cleaner by fighting bowl ring build-up between scrubbings. Give your bowl a shower with Sunny Lemon, Rose Garden, or Early Spring. Befresh! makes beautiful scents!



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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

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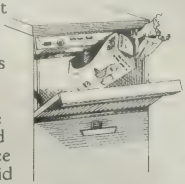
The KitchenAid compactor has three advantages other compactors don't give you.

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And a Tilt-Away basket that can be used with or without trash bags.

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KitchenAid.®
Because it's worth it.
Hobart Corporation, Troy, Ohio 45374

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Cover photograph: Mike Dieter

Here are 21 pages packed with crafty Christmas ideas





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- *You can make short work of your gift list this Christmas by presenting lots of little, low-cost plants. Search out small flowering and foliage favorites, give the pots a festive touch with braid or other bright trim, and you're all ready to go stuff stockings.*



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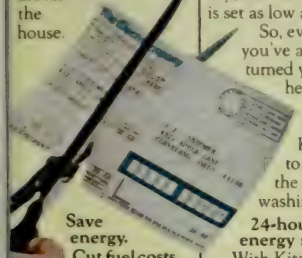
America, turn down your hot water heaters.

KITCHENAID INTRODUCES THE ONLY DISHWASHER THAT CAN SAVE MONEY ON YOUR TOTAL HOT WATER BILL

...and get your dishes cleaner than any other dishwasher can.

All dishwasher manufacturers say dishwashers should operate with water that's at least 140° hot.

To do this, until now, you've had to set your water heater at about 150° which is much higher than you need for washing clothes, taking showers, or any other hot water use around the house.



Save energy. Cut fuel costs.

Now, because of a KitchenAid engineering breakthrough, you can turn your water heater down to 120° and KitchenAid will get your dishes cleaner than any other dishwasher can at this temperature.

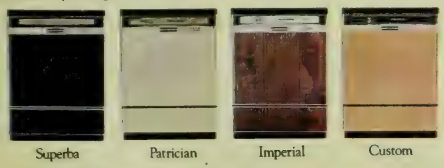
That's because the new KitchenAid dishwasher has a built-in, thermostatically-controlled heating element that takes water from your tank, and heats it up to exactly the right temperature for proper washing and for sanitized rinsing.

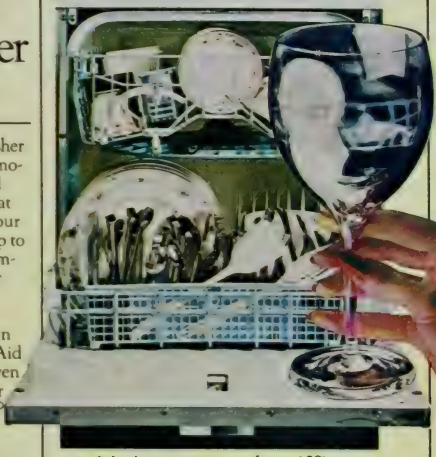
By heating its own hot water, KitchenAid operates properly even if your water heater is set as low as 120°.

So, even if you've already turned your water heater down, you can count on KitchenAid to give you the best dishwashing results.

24-hour-a-day energy saving.

With KitchenAid, you don't just save energy when you wash dishes, you can save it around the clock by setting your water heater at a lower temperature level.





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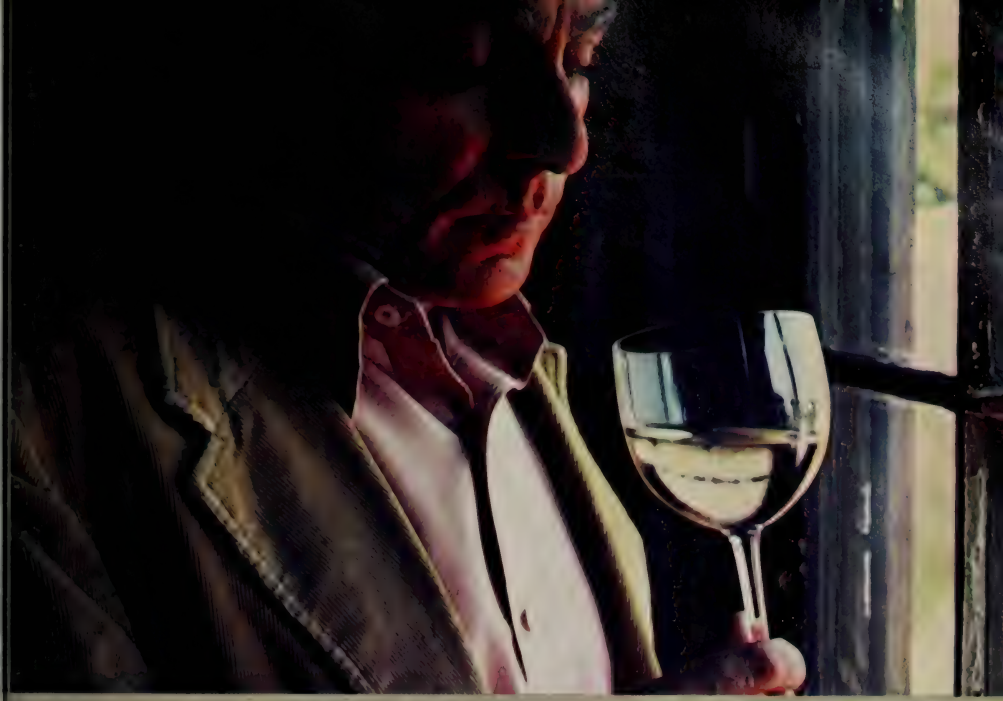
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Sharing Your Family's Holidays

By Barbara Humeston

No matter how tempting the turkey, how glistening the tree, or how high the presents stacked under it, the true magic of the holidays comes from being with loved ones. If you'll be sharing this year's festivities with friends and/or relatives, count yourself lucky. But you can make the holiday season even more special by welcoming a newcomer into your home—maybe someone less fortunate than you. Your new holiday acquaintance could easily turn into a year-round friend.

Sounding out the family

Sharing your family's holidays is a two-way proposition. You have to be ready to put out both time and effort—perhaps even accept some inconvenience—to make an "extra" person feel welcome in your home. In exchange, you can expect good times, good feelings, and happy memories.

But before you decide to adopt this idea, make sure it has the endorsement of everyone in your family. If the holiday schedule at your house looks particularly hectic, set our idea aside till later on. It's always nice to be nice to someone—at any time of year.

Finding a holiday visitor

A variety of local organizations, associations, and such can help you locate prospective holiday guests. But don't overlook obvious possibilities, like "forgotten" relatives and friends. Almost everyone knows someone who needs remembering.

To branch out from there, first try contacting churches in your area. They'll probably be glad to survey their congregations and to put you in touch with "care" facilities with which they work or are affiliated—like senior citizens' residences, convalescent centers, nursing and children's homes.

Offices of state and county social service agencies (usually listed in the

continued



Enjoying the company of another generation

When Mike and Sharon Scott learned that Cornelia Hurlbut would be spending the holidays in her Des Moines, Iowa, home instead of on the West Coast with her family, it just seemed natural to invite her to share part of the holiday season with them. Matthew, the Scott's seven-year-old son, agreed. Even Rascal, the family's schnauzer, delights in Cornelia's company. Shopping for gifts and exchanging them with the family were part of the festivities, along with munching popcorn in front of a crackling fire, telling Christmas stories around the tree, and singing favorite holiday carols—with Cornelia aptly providing the piano accompaniment.

In fact, music brought Cornelia and the Scotts together in the first place, when Mike became one of Cornelia's students at the keyboard. This spunky, silver-haired lady brings something so special to her music that at age 84 she's still in demand as a teacher. She gives



piano lessons in her home to some two dozen young people—to stay busy, she says, since she no longer teaches music in college or has her own piano studio.

But beyond Cornelia's professional talents, the Scotts enjoy her warm wisdom and her wonderful zest for life. According to Mike, who's also become one of Cornelia's favorite pupils, "She's certainly made her mark on our lives. We never sit down at the piano without thinking of her."

As for Matthew, what little boy wouldn't love a delightful "extra" grandmother like Cornelia?

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Refreshing light menthol.
Low tar.
Satisfying taste.
The best selling low tar menthol.
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The Best Of The Lights

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report MAY

Sharing Your Family's Holidays

continued

phone book) may be good contacts, too. And don't overlook organizations like handicapped industries, Easter Seal rehabilitation centers, etc.

Local colleges and universities may be seeking holiday homes for foreign students. Veterans hospitals, along with such service programs as "meals on wheels," may be able to supply likely prospects, too.

If there's a senior citizens' drop-in center in your community, stop by and ask about the "regulars." You also can check into foster grandparent programs at some nursing homes.

Setting up a visit

Though locating the right holiday guest can take some doing, arranging the visit in your home should be relatively easy. Of course, red tape varies. But generally, paper work is minimal, when both parties agree to the visit. Sometimes a physician's permission may be required.

A major commitment in time isn't always essential. You may find that an afternoon or an evening visit suits you and your guest better than an overnight stay or longer. Some children's homes, however, try to place their youngsters in more or less "permanent" homes over the holidays. That might mean you'd have a guest for a week or two. Some nursing homes, on the other hand, can't lawfully permit overnight stays for residents, in which case you must settle for a day trip.

To avoid a mismatch, it's best to make arrangements early. That way, you'll have time to get acquainted with your guest—even if it's just by phone—before his or her visit. Be sure to find out in advance, too, if your visitor has any special requirements: Does he or she need medication or require a restricted diet? Are there physical barriers in your home, like stairs, that may pose problems? Everyone is bound to enjoy him- or herself more when the holiday visit is thoughtfully planned.







Welcoming a youngster into your home

The best way to watch the holidays unfold is through the eager eyes of a child. Mike and Mary Varney can vouch for that. Not only do they enjoy the holidays with their three youngsters, but they also welcome nine-year-old Gene Bowman into their home. Gene, who lives at the St. Joseph's Children's Home in Torrington, Wyoming, first got acquainted with the family when Mary was his second-grade teacher. Now he's an "unofficial" member of the Varney's household at holiday time.

The whole Varney family, including 18-year-old Marc, 16-year-old Cathy, and Sheri, who's also nine, looks forward to Gene's stays. Gene, in turn, has become so enchanted with the Varneys during the last couple of years that he doesn't always even wait for an invitation to visit anymore. Sometimes he just telephones and suggests getting together on his own.

The Varneys say it's impossible to resist someone who fits into their family as well as Gene. He shares their fascination with miniature trains and jumps at the chance to join in family goings-on, like whipping up sweet treats in the kitchen. Gene especially likes the idea of having a "big brother" he can count on, too—whether for sledding, playing ball, going shopping, or just kidding around.

Photographs: Steve Frisch

Margaret McMahon

idea NOTEBOOK







Toys in time for Christmas

Skil-Craft's Country Manor Dollhouse, Milton Bradley's Big Trak, and Coleco's Astrology Computer are three toys that will make everyone in the family happy.

The eight-room dollhouse is 29 inches high, 34½ inches long, and 20½ inches wide. It's made of mahogany plywood with plastic clapboard siding. The set is scaled one inch to one foot and is easily assembled with just glue and scissors. It costs about $60.

Big Trak is programmed by an electronic computer. The driver just estimates the distance the car will have to move and punches in his or her commands. Big Trak is $43 and the attached dumping truck is another $13.

Even if you don't believe in astrology, you'll probably be fascinated by Zodiac—The Astrology Computer. With Zodiac ($50), you can chart horoscopes, review any day past, present, or future, and get answers to questions about day-to-day activities.

Neat organizer

Beylerian has introduced a nifty wire storage system that will work in many situations. There are six basic units in the group called Wireworks, and prices run from $5 for a tray to $20 for the tray holder. The material is steel and the units are available chrome-plated or in white, red, or yellow. The tray is also offered in black, green, brown, sand, or blue. One of the innovative pieces shown here is the "shelf space maker," a basket that attaches to a shelf and hangs below to create new storage. Label holders come with blank labels as well as several preprinted with "in," "out," and "pending."

In addition, Beylerian makes the popular Kartell group of plastic furniture and accessories. The pieces include stacking shelves, rolling carts, planters, storage units, chairs, and tables. They're available in white, black, sand, chocolate, and terra-cotta. For a 32-page color brochure on the complete Beylerian line send $1 to Beylerian, Dept. X, 305 East 63rd Street, New York, N.Y. 10021.

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"Pasta's just perfect."

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"Cleanup's a cinch with Litton."

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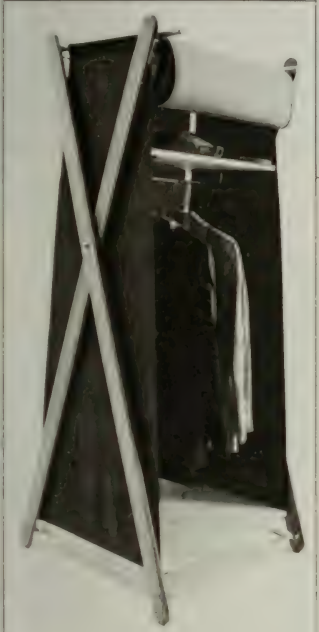
LITTO Microwave Cookin

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LITTON HELPS FAMILIES EAT BETTER.

continued

idea NOTEBOOK



Fold-away hideaway

Here's something special to turn your den into an instant guest room—a portable closet by Landes. Made of heavy-duty canvas with sturdy wood supports, the Northridge folding unit is 31 inches wide, 30 inches deep, and 70 inches high. The closet features a front curtain that folds back or strips off, and a laminate-surfaced fiberboard shelf plus a rod. The unit costs about $155 and is available in a range of 18 spectacular colors from poppy to mahogany. Also in the Northridge group are basic cubes that stack up or across to create a wall system or a freestanding unit. They're made of vinyl laminate and canvas held together with chrome rods. For stores in your area, contact Landes, P.O. Box 2197, Gardena, Calif. 90247.

Wine by wire

A bottle of wine is always a very special gift but necessarily limited to close-to-home friends. A new service inaugurated by Tele-Wine, Inc., now makes it possible to send wine anywhere in the United States. The fee is 25 percent of the purchase price, and a minimum order is $30 (including fee), which puts this gift in the luxury category. But what an original way to solve the "what am I going to give Uncle Harry" problem! The experienced Tele-Wine staff will advise you of the best selection available in domestic or imported wine from the affiliated shop where your gift will be purchased. To place an order, call collect 212-685-2100. Delivery is promised within 48 hours; you will be billed for the charges. Of course, if your local wine merchant is affiliated with Tele-Wine, Inc., you can order your selection in person.

continued

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Free holiday recipes, too. Litton has a special holiday recipe booklet just for you. Just for stopping by.

So see your participating Litton dealer now. He's got full details on special values to help your family eat better this Christmas.

*Models 1570 1560 1460 1550

LITTON HELPS FAMILIES EAT BETTER.



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continued

idea NOTEBOOK

Fool-the-eye vinyl

Decorating is often a matter of compromise between what you like and what you can afford. Now Uniroyal has introduced a group of vinyl upholstery fabrics that lets you—for once in your life—have your cake and eat it too. The "Designer's Collection" of Naugahyde is a selection of ten patterns in 29 color variations that duplicate the look, and to a certain extent even the feel, of fine fabrics such as antique satin damask, Haitian cotton, floral prints, and intricate weaves. The fidelity of these vinyls to the original fabric designs is remarkable, and the price per yard is, happily, less than $20. The vinyl upholstery fabrics, made of 54-inch-wide expanded vinyl laminated to a knitted fabric base, are just as tough, durable, and easy to care for as the strongest commercial Naugahyde. In addition, each of the pattern colors is matched to a solid-color leather-look Naugahyde from Uniroyal's "Spirit of '76" line.

You can get details on all ten patterns in the "Designer's Collection" by writing Naugahyde, Uniroyal Inc., 1230 Avenue of the Americas, New York, N.Y. 10020. Include a stamped, self-addressed envelope.



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See your Yamaha dealer. Do it today. He's listed in the Yellow Pages under "organs". And ask about the Yamaha Music School for children 4-8 years or the Yamaha Electone Course for everyone.

YAMAHA

Houdini table



If you really want a dining table but don't have space for one, Pulaski's telescope console-table can solve your problem. Closed, this remarkably engineered unit is 42 inches wide by 21 inches deep; extended, the table stretches to 100 inches and can seat eight. Five leaves are stored in the drop-leaf top, and chairs are hidden behind cabinet doors. Nicest of all, the unit is available in three styles: contemporary oak (shown here), traditional, and "Keepsakes," Pulaski's turn-of-the-century revival style. The table-console costs about $600 without chairs. The chairs shown here are Stakmore's and retail for about $50 each.

The telescope table is part of Pulaski's multipurpose total room environment called "Living Centers." A Living Center includes a rolling pullout bar on casters, open shelving, a home entertainment center, corner wraparounds with optional doors, a drop-leaf desk with scratchproof writing surface, plus other pieces. The bar can be converted into a portable home entertainment center.

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Tequila tips

Contrary to what you may think, all tequilas are not alike. So the next time you want to serve tequila or use it in a recipe, consider which type best suits your needs.



Photograph: Dieter

Types of tequila

- The type best for mixing is the unaged *white* or *silver* tequila. This less expensive, clear liquor is favored for Margarita and Sunrise cocktails.
- While maturing in wood casks, *gold* tequila takes on an amber hue (hence the name "gold") and develops a rich, mellow flavor. Pour pale gold tequila over the rocks or into tall mixed drinks. Or, sip it straight from a snifter to savor its fine quality.

TEQUILA LIME PUNCH

2 cups cold water
1½ cups tequila
1 6-ounce can frozen pineapple orange juice concentrate, thawed
½ cup lime juice
2 tablespoons sugar
2 28-ounce bottles lemon-lime carbonated beverage, chilled
1 lime, sliced
1 orange, sliced

In a large punch bowl combine water, tequila, orange pineapple concentrate, lime juice, and sugar. Slowly pour lemon-lime beverage down side of bowl; stir punch gently with an up-and-down motion till mixed. Float the lime and orange slices atop punch in bowl. Serve over ice in punch cups. Makes 24 (½-cup) servings.

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DECORATING

Green-growing windows

If you're the proud owner of a green thumb, why not make it pay off decoratively? A green grouping can camouflage an insightly view, or fill in a bare corner, as these three examples demonstrate.



Photograph: Maris/Semel. Design: Lola Blomgren

In this traditional dining room, *bottom left,* the alcove windows are left curtainless to highlight the handsome wood moldings. A multi-level display of thriving greenery softens the tall, narrow windows, and effectively screens an unsightly view. The hanging plants are suspended by sturdy nylon fishing line from simple brackets installed at the ceiling; smaller plants thrive on clear acrylic shelves below.

▼ Not only are horizontal windows often difficult to dress; their awkward placement makes furniture arrangement a challenge as well. Here both problems were solved at once by placing a greenery-filled hutch beneath the window frame. The hutch cleverly incorporates the window into the decorating scheme, while plants are amassed on the three tiers of shelves.



Source: Estelle Bond Guralnick



▲ Instead of dressing to-the-floor windows in conventional curtains, why not opt for a "drapery" of houseplants? Here, greenery is suspended from the ceiling and arranged on the floor and window ledge to create a year-round garden for the whole family to enjoy.

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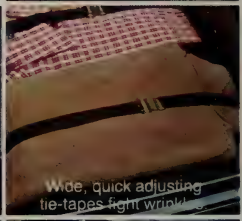
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Space-saving sofa/storage peninsula

This sleek peninsula combines four functions in one compact package: seating for four, shelf space for a small library, a buffet/serving counter, and a secret compartment for sports equipment.



Photographs: William Hopkins. Builder: Earl F. Plank

When Bob and Mary Cooney turned their garage into a family room, they removed the walls separating it from the kitchen and created one large open space. Now family members working in the kitchen aren't cut off from activities in the family room. A low-backed sofa/storage unit, *top photo*, divides the two rooms but doesn't interfere with the channels of communication between them.



Architect: E. Eugene Young, AIA. Source: Jean Kygar Eblen

The sofa side of the unit is paneled with the same beveled oak planking used to accent the family room and dining area of the kitchen. The sofa projects eight feet from the wall and is only 30 inches high. Beneath the seat cushions is a plywood panel that lifts up to reveal a full-length storage space. Even though it's only nine inches deep, this compartment is adequate for storing tennis rackets, paints, books, and—since it stays cool—a few bottles of wine.

The other side of the unit (facing the kitchen) is a full-length bookcase. The 18-inch-deep shelves are large enough to hold a set of encyclopedias plus a good-sized collection of cook books. And when these shelves are full, wall-mounted shelves in the family room can be used. The top of the bookcase is perfect for large-scale buffet entertaining or after-dinner coffee.



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How to select a sewing machine



Whether you sew for personal satisfaction or to save on the rising cost of ready-made clothing, a good sewing machine is a must. Here's how to buy the right one for your purpose and your pocket.

What are your needs?

First determine how much you will use the machine. Are you a beginning seamstress who will only use it for occasional mending? Or do you plan to sew all the clothes for you, your three kids, and your husband—with an occasional Christmas present thrown in? If you're a beginner or sew only a little, it's more sensible to buy an inexpensive machine, maybe even a used one. But if you plan to do a lot of home sewing, buy the best product that's available in your price range so that your new sewing machine will last for as long as you need it.

New or used?

A used sewing machine can be a lifesaver if your budget does not allow for buying a brand-new machine. All the desirable basic features discussed below can be found on a good-quality used machine. People who are moving or who have bought a new sewing machine will often sell their old ones at very reasonable rates, so watch the local want ads as well as school and coin laundry bulletin boards for prospects.

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continued

Sewing machine

But before you buy, consult an expert. You could ask a dealer to examine a used machine for a small fee, or you could ask the advice of a home economist at the local high school.

The major reason for buying a new machine is its up-to-date stitches. You want a tool that can handle all of today's diverse fabrics as well as anticipate future sewing needs.

How much will a new machine cost?

Today, $200 to $250 is the least you can expect to spend for a machine that can handle a heavy sewing load. Many machines are in the $900 bracket. That sounds high, but keep in mind that a sewing machine, like a car or a washing machine, is a precision tool and quality does not come cheap. Considering that you'll probably never need to buy another sewing machine, putting $700 to $900 into a tool that will last 40 to 50 years is a good investment.

What are the basic features of a good machine?

For now, ignore the fancy stitches—as if they were dessert. Plan your purchase around these workhorse stitches:

1) an even, straight stitch that does not skip

2) a zigzag stitch (or even better, a serpentine stitch, shaped like a zigzag but with several stitches on each side of the center point—this keeps edges from rolling)

3) a blind stitch for hems

4) a buttonhole stitch that's easy to set up and

5) a stretch stitch, like the double- or triple-overlock.

How important are the extras?

You may be hesitant to buy a machine that costs more than other models only because it has a wider variety of decorative stitches. Will you really use them? In the last five years there has been an explosion of creative ways to use decorative stitches, from tying quilts to topstitching seams to personalizing ready-made clothes. If you have the extra decorative stitches, you're soon likely to consider them necessary instead of extra; if you don't have them, you can still use your machine in imaginative ways.

Portable vs. cabinet, free-arm vs. flatbed?

Since most home sewers do not have room for a full-size cabinet model, the majority of machines sold today are portable. If you plan to carry your machine to classes, demonstrations, craft fairs, or a vacation home, be sure to compare the weights of the portables.

Although any sewing can be done on a flatbed machine, a free-arm is very handy for putting in sleeves and blind hems, particularly on children's clothes.

Test it yourself

Take along a bagful of fabrics when you visit the sewing machine store. After the dealer has shown you how a particular model works, test it yourself. And remember, the quality of the machine does not show up on average fabrics like cotton or wool but on the extremes, especially the sheers. Take

continued



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continued

Sewing machine

along some organdy or similarly sheer fabric when machine shopping.

As you test the sewing machine, be sure to hold the fabric that you're testing absolutely flat against the needle plate near the unit's presser foot. Otherwise, the machine will have a tendency to skip stitches as you sew.

What to expect from your dealer

A sewing machine dealer will generally offer a year's free service on any new machine sold. But after you have decided on a model, make certain—*before* you take it home—that the dealer really has serviced the machine properly. Ask him for a fabric sample that shows he has run through all of the stitches featured on your new machine, not on his in-store demonstrator (which is probably the best machine he has). This precaution is important because most of the problems associated with new machines occur in shipping.

Getting parts and service will not be a problem with your new machine, as long as you buy it from a major sewing machine company. If you choose to buy a minor or unknown brand, you often run the risk of not being able to locate a particular machine part ten years down the road.

Take care of your machine

When you buy a new car, you're probably conscientious about regular tune-ups and servicing; be equally conscientious about caring for your new sewing machine. Periodically clean out lint with tweezers or with the reverse blower of the vacuum. Oil the machine thoroughly before each major sewing project, and for the best performance, have the machine serviced at your dealer's every year or two, depending on how much you use it. You might also try singing to it as you sew; after all, if it works with plants, why not with sewing machines?

(Written in cooperation with Robbie Fanning)

Get fiber into more foods your family will like.
Like Chicken Bundles.



Chicken Bundles

1 cup KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
¼ cup chopped nuts
5 tablespoons margarine or butter, melted
⅛ teaspoon pepper
⅛ teaspoon ground sage
⅛ teaspoon ground thyme
½ teaspoon lemon juice
2 tablespoons chopped onion
1 tablespoon chopped pimiento
1 cup cubed cooked chicken
1 can (8 oz.) refrigerated crescent dinner rolls

Combine ¼ cup of the cereal, 2 tablespoons of the nuts, 3 tablespoons of the margarine and the remaining ingredients except rolls. Crush remaining cereal to coarse crumbs and mix with remaining nuts.

Separate rolls into 4 squares (2 triangles each), pressing perforations. Place ⅓ cup chicken mixture in center of each. Gather corners together, pinching to seal. Brush with the remaining margarine. Roll in nut mixture. Place on baking sheet. Bake at 350° F. about 25 minutes or until browned. Serve with white sauce. Garnish with chives. YIELD: 4 servings.

Variations: In place of the All-Bran cereal, combine ½ cup Kellogg's® 40% Bran Flakes cereal with chicken mixture and crush 1 cup 40% Bran Flakes to coarse crumbs and use with nuts for coating. Or use 1 cup Kellogg's® Cracklin' Bran® cereal crushed to coarse crumbs.

Kellogg's®
The high-fiber cereals.

Kellogg Company
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Lights
LOW TAR · FILTER
n the new crush-proof
purse pack.
Fashions: Reiko

Fisher-Price created this not-so-typical phonograph to survive a typical childhood.



Fisher-Price knows that children begin to appreciate music at a very early age. Usually, a little before they fully appreciate how to handle delicate things like tone arms and fragile records.

That's why we designed our new phonograph with lots of features other record players don't offer. To assure that this phonograph can take the toughest treatment young music lovers can hand out and keep playing in fine tune year after year.

1. There's a real, replaceable diamond needle that lasts five times longer than a sapphire needle.

2. The needle cartridge actually retracts when the tone arm is forced down, to prevent deep scratches.

3. The tone arm is solidly constructed so it can be pulled and tugged and still work smoothly.

4. The detachable case cover is specially designed to gently guide the tone arm back in place even if the cover is slammed shut.

5. The phonograph's 4" speaker provides a nice clear sound. And there are just two simple controls for volume and record speed (33 and 45 rpm) plus a built-in storage space for the electrical cord.

So you can see, the Fisher-Price Phonograph is not a toy. It's a really dependable piece of audio equipment that's made especially for children. So you, and they, can relax and enjoy its wonderful sound for years to come. And that should be music to your ears.



© 1979 Fisher-Price Toys, East Aurora, New York 14052.
Division of The Quaker Oats Company.

Make an entrance

First impressions are important, and that's why it's smart to make an entryway inviting. To dress up a humdrum hallway, you might deck the walls with art or collectibles, as was done in these two entries.

Below: This long narrow hallway provided the perfect spot for an at-home art gallery. The recessed wall unit originally housed shelves; all but the lowest shelf were removed to make room for the striking collection of astrological prints. Plants on the glass-covered bottom shelf soften and enhance the contemporary wall grouping. Spots in the overhead track lighting system illuminate the recessed wall section, as well as the two framed pieces on the adjacent end wall.

Photograph: John Rogers. Design: Frederick Merrill Jr. Source: Sims/Magazzine



Photograph: Maris/Semel. Source: Estelle Bond Guralnick

Right: In this pocket-size foyer, the homeowners made the most of minimum wall space and existing architectural details. Gold-framed nature prints, hung at eye level and above, form a simple eye-pleasing arrangement that balances the closet door. Dark paint was used to highlight the molding on the door, wall, and ceiling. Hallway colors are keyed to the color scheme of the adjacent living room, thus visually tying the two spaces together. A similar effect could be achieved with add-on molding.

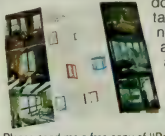




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Only Pella offers it all.

STOCKING STUFFER GIFT GARDENS

BY STEVEN COULTER



Photographs: William Hopkins

Go to any florist shop during the holiday season and you can find gift plants in profusion. The only hitch is, they're apt to cost a pretty penny. But if you scout around, you can find many delightful and low-cost small foliage plants that say "Happy Holidays" just as merrily as the store-bought standbys.

Here are some stocking-stuffer-sized [illegible] but don't stop with those. See what's available at your local garden center—and add a dash of imagination. Find colorful or whimsical containers for your gift gardens, or dress up plain pots with ribbons, a bit of gold or silver braid, or some glittering paste-on stars.

Take special precautions when transporting your gift gardens in frigid weather. Even the few seconds required to carry a plant from the car to the house can chill tender, exposed leaves and flowers beyond recovery. To make sure your stocking stuffers don't get nipped in the bud, wrap the plants in several layers of newspaper and/or sturdy plastic or paper bags. Wrap gently to avoid damaging brittle leaves. Transfer your bagged plants to a preheated car, and you're ready to stuff stockings with your gifts.

Fairy Primrose

Primula malacoides

LEFT

Choose the fairy or baby primrose for its nosegay look. The cluster of white, pink, or red flowers atop an eight- to ten-inch stalk looks like a geranium. Our primrose nestles in a china cup that was itself a Christmas gift three generations ago.

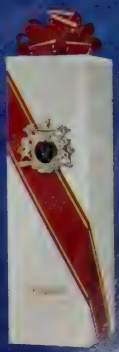
Give this plant bright, indirect light or filtered sunlight and keep the soil barely moist. Discard fairy primroses when they finish blooming; they're difficult to bring into flower again.

For a bigger splash of color, choose the larger, more common primrose, the polyanthus, *Primula polyantha.*

continued

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The symbol of imported luxury. Bottled in Canada.
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Canadian whisky. A blend, 6 years old. 86.8 Proof. Seagram Distillers Co., N.Y.C. Gift-wrapped at no extra charge.

GIFT GARDENS



African Violet

Saintpaulia ionantha

ABOVE

Few plants provide such prolonged winter bloom as the African violet. Blossoms come in many colors and shapes (shown is Fairish, with her simple white pot dressed up with a bit of gold braid for gift giving).

These plants must have porous soil. Use a commercial potting mix specially designed for African violets, or make your own of equal parts coarse sand or perlite, rich loam soil, and peat moss or leaf mold. Water as soon as the soil surface feels dry. Guard against over-watering if your pots don't have drainage holes. East sun or a northern exposure is preferred.



Dwarf Cyclamen

Cyclamen persicum

LEFT

To turn this tiny cyclamen into a unique gift, you might plant it in an old metal sugar bowl. But water carefully, because the container doesn't allow for drainage unless you drill a hole in the bottom. Dwarf cyclamens are available in white, pink, and red. Buy blooming plants in four-inch pots and transplant them into your gift containers. Use a porous potting medium for quick drainage; 50 percent peat and perlite will fill the bill.

Keep the soil barely moist. Do not water directly onto the crown of the plant, or rot may result. Supply bright, indirect light.

continued



Reach out. Reach out and touch someone.

Wherever you are, you're never too far to spend a few moments with someone special, someone who's waiting to hear from you. You can make your day by sharing it with faraway family and friends. Call to express your care, even if it's just to say hi. It means so much to keep in touch. So reach out. Reach out to those who make you feel good. You'll both feel good. With a phone call.

Bell System

GIFT GARDENS



Fittonia

Fittonia verschaffelti

ABOVE

This low creeping plant with white-veined foliage is perfect for dish gardens and terrariums. Fittonia prefers shady conditions, so grow it in a north window or away from direct sun if near an east, south, or west exposure.

Keep the soil moist at all times. Mist the foliage regularly, and set the plant on a pebble tray containing wet gravel to help raise the humidity. (Humidity will automatically increase if your fittonia is in a closed terrarium.)

Use a porous soil mix containing plenty of organic matter. Fertilize lightly once or twice a year. Pinch back growing tips if your fittonia threatens to outgrow the space you've allotted to it.



Rex Begonia

Begonia rex

LEFT

The rex begonias are grown primarily for their beautiful, lopsided foliage, which comes in a wide variety of colors, patterns, and textures. A silvery plastic pot turns our begonia into an elegant present.

Begonias don't like too much sun. Early morning east sun or indirect light from other exposures is best. Keep the soil barely moist. Good drainage is essential; waterlogged soil will rot the roots.

Pot up begonias in a loose soil mix containing plenty of organic matter. Use two parts compost or other available organic matter, one part perlite or coarse sand, and one part good garden loam.

continued

1979 R. J. Reynolds Tobacco Co.



GIFT GARDENS



Cretan Brake Fern

Pteris cretica

ABOVE

Odd-shaped foliage makes this small table fern a good candidate for dish gardens and terrariums. Pteris demands high humidity to keep its leaf tips from turning brown, so mist this plant daily if the air is dry. Avoid locations near radiators. Like most ferns, pteris prefers slightly shady conditions, or at least no direct sun.

Pot all ferns in a fast-draining soil mix so the roots can breathe. Equal parts potting soil, peat moss, and coarse sand work well; keep the mix moist. Fertilize lightly several times a year.

When your fern outgrows its pot, pull the roots apart or cut into halves and repot.



Christmas Pepper

Capsicum annuum

LEFT

Friends lucky enough to receive a colorful pepper plant from you will have an ornamental gift they'll treasure for six months or even a year. To prolong the plant's beauty, give it bright, indirect light and cool temperatures (60 degrees Fahrenheit at night). Mist regularly with tepid water to keep the foliage from drying up, and water before the soil surface feels dry. The small, hot peppers can be dried and used for seasoning—a gift bonus!

Start your own plants from seed in small pots in the spring. Place them outside in a sunny spot, then move them indoors before the first frost.

Instant family tree.

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So give that special someone a Kodak instant camera and have an instant Merry Christmas.

The more you take, the more you give.



Kodak Gifts Say "Open me first" TO SOME DARLINGS IN A PICTURE

OFFICIAL INSTANT CAMERAS FOR THE 1980 OLYMPIC WINTER GAMES

©Eastman Kodak Company, 1979.



His 'n hers closets

Mornings can be tough enough without having to hunt for your clothes in a crowded closet. And it's likely to be crowded if you share it with your spouse. This couple relieved the storage crunch by building a set of his and hers closets in the corners of the bedroom, and got a vanity with a view in the bargain.



Photograph: Ross Chapple. Architect: Stephen Glassman
Source: Eileen Deymier

As is often the situation in older homes, space for clothes was almost nil in this master bedroom. New closets relieve the crunch. Each of them is 46 inches wide and 26 inches deep—large enough to accommodate an ample wardrobe without putting the squeeze on individual garments. And since the closets run from the floor all the way to the ceiling, they provide space above the clothes for storage of odds and ends.

Standard 30-inch-wide louvered door panels serve as the closet doors. They're fitted with magnetic catches. The closets are trimmed with molding at top and bottom. This molding helps blend the closets in with the rest of the room.

The couple built a 6½-foot-long counter into the space between the closets and below the window, creating a convenient vanity. It's a sunny spot to put on make-up, to write letters, and to display knickknacks. It also helps to camouflage a less-than-lovely old radiator.

If you decide to put a vanity like this one over a functioning radiator, be sure to leave sufficient space at the rear of the radiator so warm air can circulate. You won't want the vanity top to reduce the radiator's heating efficiency.

"The Undie-L'eggs® panty stays put...even when I don't!"



Joyce DeWitt

"Me wear panty 'n pantyhose in one? Only if they're Undie-L'eggs with the StayPut™ panty! They all get rid of ugly panty lines, but Undie-L'eggs won't slip or slide around. If you're a gal who never stays put—like me—you'll love Undie-L'eggs too."

Nothing beats a great pair of L'eggs



Size A, B, or Queensize, with a pure cotton panel. Sheer Toe & Reinforced Toe.

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Kim Garretson

How sharp is your driving vision?

Nowhere is good vision more important than on the highway. In large measure, your life—and the lives of other drivers—depends on how well you can see. Driving requires your constant awareness of the big picture around you and frequent focusing on objects to the front, sides, and rear that require quick reactions. But when you're at the wheel, factors that can dim, dull, or distract your vision are often at work, sometimes without your being aware of them. Here's how to detect and fight these life-threatening bugaboos.

How's your eyesight?

Good vision requires the efficient functioning of the whole optical system: the eyes, nerves, and brain. For driving purposes, the American Optometric Association says you need: (1) clear and efficient distance vision (acuity); (2) dynamic visual acuity, or the ability to clearly see an object when you or the object is moving; (3) a wide field of vision (peripheral vision); (4) good depth perception; and (5) rapid light and dark adaptation.

You do not necessarily have good eyesight for driving just because you've passed the eye test given at a driver examination station. That eye test checks only your visual acuity—your ability to see the fine details of an object at a distance—and you can pass the test with well below "normal" 20/20 vision.

Driver's license examiners do not check your dynamic acuity, your peripheral vision, depth perception, or light and dark adaptation. Good peripheral vision is vital to safe driving because it allows you to see the big picture and absorb maximum information with minimum eye movement. Since a normal field of vision is about 180 degrees, a driver notices most images first by peripheral vision—"out of the corner of the eye."

How can you detect possible problems with your driving vision? In the next few days, pay close attention to how your eyes react to situations on the road. Do objects seem to appear suddenly from the sides while you drive? Do you sometimes have trouble determining whether another car is moving toward you or has stopped? Do your eyes have difficulty adjusting to dark or light (while you're driving through tunnels for example)? Also, when you're traveling at 55 mph, can you read overhead signs on freeways only about six seconds or less before passing under them? An answer of "yes" to any of these questions means you'd be wise to have an ophthalmologist or optometrist check your eyesight.

How's your health?

Advancing age and poor health can seriously impair peripheral vision, acuity, and the other eye skills re-

continued



Turn plain cream pie into creamy light Dream Pie. So easy and m-m-m... so delicious!

On the left, a plain chocolate cream pie. On the right, a luscious Chocolate Dream Pie. It's made with DREAM WHIP® Whipped Topping Mix, extra JELL-O® Brand Instant Pudding and milk. That makes the creamy light difference. And each piece of Dream Pie holds its shape beautifully, so it's really pretty.

Since Dream Pies use JELL-O Instant Pudding, they're made in a snap. Try all your favorite pudding flavors...like yummy pistachio, tangy lemon, and tasty banana. Your family will really love it.

So go ahead, turn your plain cream pies into light, lovely Dream Pies.

It's incredibly easy.

Just follow the simple recipe on the right.

GF GENERAL FOODS

The dangers of drowsiness

While drowsiness usually doesn't lessen your eyes' ability to focus on objects, it can slow your brain's perception of visual signals. And this can make you slow to respond with the steering wheel, brake, or gas pedal. Here's what you should know about the two primary causes of drowsiness on the road—fatigue and drugs.

Fatigue

How much fatigue affects driving depends on the person and the situation. When signs of fatigue, like drooping eyelids and tight neck muscles, become evident, get off the road quickly and rest. There are simple isometric exercises you can do at rest stops to relieve mild drowsiness and put you safely back on the road in a short time. For a booklet of these six-second exercises, called *Staying Alert on the Highway*, send 25 cents for postage and handling to Budget Rent-A-Car Corporation, 35 East Wacker Drive, Chicago, Illinois 60601.

Drugs

Drugs can induce drowsiness more subtly than fatigue can, especially when you take a drug for the first time. For example, taking an over-the-counter cough or cold remedy before you drive can induce drowsiness because of your body's intolerance to the antihistamine, codeine, and alcoholic content of the medicine. Even the sedative's in over-the-counter drugs sold to combat "simple nervous tension" may make you sleepy.

Prescription sedatives are potentially dangerous because their effects can be so long-lasting—up to 14 hours for barbiturates, for example. So if you take a sleeping pill at night, you may still feel drowsy when you drive to work in the morning.

Tranquilizers like Valium and Librium, the most widely used prescription drugs, also can cause drowsiness. Various studies have been made to determine how these drugs affect driving, and in September, 1978, the FDA reported on the results. The studies showed that for many hours after a single dose of the drugs, there can be a substantial risk of accident.

We said that some prescription drugs can adversely affect vision. Those same drugs—pain-killers, antidepressants, and ulcer drugs—also can make you drowsy.

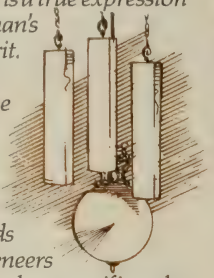
Amphetamines can combat drowsiness for a short time, but excessive use can disrupt the body's usual way of coping with fatigue by masking the normal warning signals of exhaustion. The driver who uses amphetamines may lose his alertness without realizing it. If you plan to drive, you should not use amphetamines or even weight control pills that contain them.

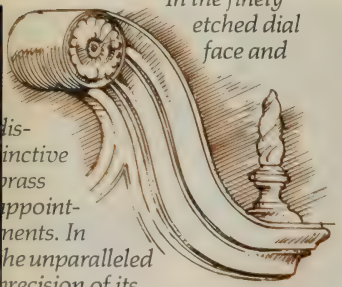
Ask your doctor or pharmacist about the possibility of drowsiness with all prescription drugs. Also, avoid alcohol when you are taking these medications, since drinking can compound the drugs' depressant effects.



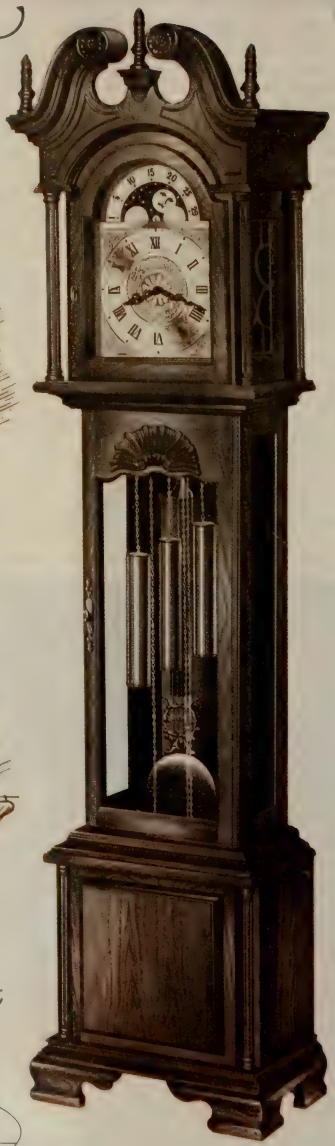
Where the spirit does not work with the hand there is no art.
Leonardo da Vinci

A Ridgeway Clock is more than a timepiece. It is a true expression of the craftsman's hand and spirit. You can see it reflected in the meticulously hand-rubbed finish. In the beautifully grained woods and choice veneers that comprise the magnificently sculptured cabinetry. In the finely etched dial face and distinctive brass appointments. In the unparalleled precision of its Urgos West German movement. And in the clarity of the unforgettably lovely Westminster, St. Michael's and Whittington Chimes. To invest in a Ridgeway is to own a work of art.









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continued

Driving vision

quired for safe driving. Most elderly drivers can compensate by driving slower and by avoiding night driving, which accentuates any eye deficiencies. And whatever your age, always try to avoid driving if you are ill. A high fever, for instance, may slow down your responses to visual clues. (See the box on the previous page for details on drowsiness—another culprit that doesn't harm your vision but can dangerously slow your brain's responses to visual stimuli.)

Alcohol and drugs

Alcohol causes a psychological "high" that can impair a driver's judgment of his speed or the speed of other cars. And after a number of drinks the ability to interpret and act upon visual clues is drastically decreased. Unless you are dangerously drunk, you can see, but your body's reactions will be slow, erratic, or inappropriate. Your eyes might remain fixed on the road ahead, for example.

Medicines also can adversely affect your driving, most frequently by making you drowsy (see box). But in addition, some medicines can blur vision and cause dizziness. These two dangerous side effects have been attributed to powerful pain-killers like Darvon and Demerol, some ulcer drugs, antidepressant drugs like Chlorpromazine and Haldol, and weight control drugs like Tenuate and Pondimin. The safest rule is to avoid driving whenever possible while taking any of these medications. And with any prescription drug, always check the package instructions or ask your doctor or pharmacist for driving guidelines.

Sunlight glare

You can control sunlight glare best with your car's sun visors. Keeping the windshield free of smears, dirt, and bugs will reduce the scattering of light rays, and wearing sunglasses will decrease the glare from the road. (Sunglasses are especially important if you wear contact lenses because contacts can increase your sensitivity to glare.)

When buying sunglasses for driving, remember that blue lenses are useless

continued



THE 1980 FORD LTD RIDES AS QUIETLY AS A $65,000 ROLLS-ROYCE.

Quiet is the sound of a Ford LTD.

There are several reasons to buy a fine automobile, and a quiet, comfortable ride is certainly an important consideration.

Tested as quiet as a Rolls-Royce.

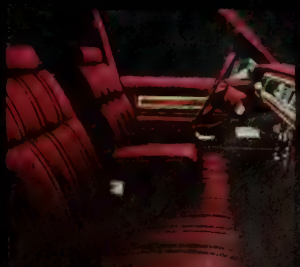
In Ford tests, an LTD rode just as quietly as a Rolls-Royce Silver Shadow sticker priced over $65,000. Because LTD is so solidly built, so well-engineered.



FORD LTD
63.2 dB(A) at 55 MPH



ROLLS-ROYCE
64.2 dB(A) at 55 MPH



Flight bench seat interior.

Trim-size outside—full-size comfort inside.

While the 1980 Ford LTD is sized for today, making it easy to handle and park, it is as roomy as any LTD ever on the inside. With plenty of stretch-out room for six adults.

America's first automatic overdrive option for better highway mileage.

Here's something no other American car maker offers. With the optional 5.8 liter engine it offers an estimated **76** extra highway miles on every tankful, compared to the same engine without overdrive, and an EPA estimate of **16** MPG and a highway estimate of **27** MPG. For comparison. Your mileage may differ depending on speed, distance & weather. Calif. estimates lower. Your actual highway mileage and range will probably be less.



Better ideas for the 80's. FORD

continued

Driving vision

because they don't screen out ultraviolet light. Gray and green lenses, however, filter the ultraviolet light, don't distort color or shape, and allow your eyes to adjust rapidly to drastic light changes. If you prefer photochromatic lenses that darken with increasing sunlight, choose the extra dark (gray or brown) variety that screens out a minimum of indoor light and a maximum of daylight glare.

Driving at twilight

Within your eyes are separate sets of cells for seeing in daylight and at night. Twilight is the most dangerous driving period because your eyes are making a slow transition from optimum daytime vision to optimum night vision. And when you drive westward into the direct rays of the sun at sunset, that transition takes even longer.

The most dangerous change in your vision at twilight is a decrease in depth perception—objects look farther away than they actually are. The diffused light also wipes away shadow and color, so the object merges into its surrounding.

Although twilight also occurs just before sunrise, evening twilight is by far the more dangerous period for driving because the light is fading instead of brightening. You should be particularly cautious at this time of year when you drive home from work right at twilight. That's when traffic is at its peak and drivers are often fatigued and less alert than usual. (More fatal accidents occur around 6 p.m. than any other time.)

Help yourself to stay alert at twilight by making a conscious effort to keep your eyes moving and by searching for dangers that usually are evident in daylight—cyclists, for example, and drivers changing lanes.

Take two other safety steps as well: reduce your speed slightly, and turn on your car's lights right at sunset.

Night driving

Driving after dark requires the same concentration as twilight driving, plus some seeing skills that aren't essential to daylight driving. The first is night vision—the ability to see in limited light and to recover quickly from the glare of oncoming cars' headlights. If you suspect your night vision is deficient, or you just want to play it safe, reduce your speed to make sure you don't overdrive your headlights. That is, be sure you can safely stop the car in the distance illuminated by the headlights.

Don't wear sunglasses at night to cope with the glare of oncoming headlights; this practice can block too much useful light from your eyes. About all you can do to speed your eyes' recovery from headlight glare is to avert your eyes to the roadside just ahead of the car's right front corner as a car passes you.

You might also want to replace your car's standard headlights with halogen sealed-beam head lamps, available at auto parts stores. The bulbs can cost up to $20 each, but they provide a light that is whiter and brighter than that of standard headlights and extends up the road ahead about 200 feet farther.

—Constance Block

"I love coffee, but too much caffein makes me nervous. Now I drink Sanka® Brand wherever I am. And I feel great about it!"

"Makes sense, Bill. It's 100% delicious coffee and 97% caffein-free. And it's the one decaffeinated coffee available anywhere."



Being your best is not a part-time thing. That's why it makes good sense to order Sanka® Brand Decaffeinated Coffee out, as well as having it at home. It's 100% delicious coffee, but 97% caffein-free. Enjoy it with good friends and be your best, anywhere.

GF GENERAL FOODS



Sanka. The coffee that lets you be your best. At home. *And away from home.*

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Gentlemen prefer Hanes

For sheer elegance, sheer fashion, or the sheer pleasure of it all, nothing dresses up a pair of legs like Hanes® Ultra Sheer pantyhose.

And for the added benefit of sheer confidence, Hanes Ultra Sheer tummy control pantyhose gives you Ultra Sheer elegance and a figure flattering hint of hold where you need it.

Both are sensuously smooth, luxuriously silky, unmistakably Hanes.



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What paradise tastes like.

All-in Exotic Cocktails. Tropical temptations. The essence of [illegible]. Zingy apricots. Juicy guavas. Mellow flavors. Already mixed with creamy rum. And secret blends of rum. That's what paradise really tastes like.

A Singapore Sling. A Zombie. Dr. Funk. And Navy Grog. All tropical dreamy blended to send shivers through your taste buds. They're marked with mystery and postmarked paradise. So prepare yourself. Few experiences will be as exotic.



Exotic Cocktails. New from Heublein.

Singapore Sling, Navy Grog, Dr. Funk, Zombie, 35 Proof © Heublein, Inc. Hartford CT.

Door decor

Doors can be more than open and shut cases. The size, location, or architectural detail of doors may make them important enough to justify special decorative attention. Here are two examples.



ates. Source: Patricia Carpenter

▲ Located at one end of an elegant contemporary dining room, these louvered doors conceal a conventional glass sliding door that leads outside. The doors were designed to be a functional cover-up, as well as a striking decorative treatment when closed. Vertical louvers control light and repeat the linear look of both carpet and ceiling. For stability, the center and middle seams of the bifold doors are supported by brass ball joints.



Photograph: Jim Hedrich, Hedrich-Blessing
Design: Emily Ann Smith. Source: Susan Jones Medlock

◀ A spacious built-in closet occupies a good portion of one wall in this master bedroom. To give the plain doors some pizzazz, tall and narrow "frames" made from painted wood strips were added. To help blend the closet front with the rest of the room, center panels made from the bedroom wallpaper were glued inside the frames.

Cherrywood Collection™ by EKCO®
Genuine cherrywood handles are beautiful to look at. And comfortable to use. Hang six tools on the matching rack and they become elegant decorations that work. Get the rack free from Ekco when you buy six tools at your favorite store.
strain shave pour curl flip whip lift chip core slice peel mash poke drain cut skim baste shred sharpen turn open stir serve

Cooking with fresh chestnuts

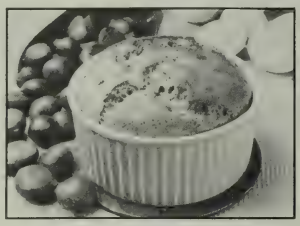
This winter get acquainted with the chestnut's distinctive flavor. Chestnuts are easy to roast or boil —just follow the basic directions given below. Then they'll be ready to use in any recipe that calls for cooked chestnuts.

To roast chestnuts

With a sharp knife, cut an X into the flat side of each nut. Place nuts in a shallow baking pan. Bake in a 400° oven 15 minutes, stirring occasionally. Let nuts cool till they're easy to handle but *still warm;* peel with sharp knife.

To boil chestnuts

With sharp knife, cut an X in flat side of each nut. In saucepan cover nuts with cold water. Simmer, covered, 10 to 15 minutes; drain. Let nuts cool till easy to handle but *still warm;* peel with sharp knife.



CHESTNUT DESSERT SOUFFLÉ

Pass whipped cream to spoon over each serving, if you like—

8 ounces fresh chestnuts, cooked and peeled (about 26)
⅓ cup sugar
2 tablespoons milk
1 tablespoon butter *or* margarine, melted
4 beaten egg yolks
1 tablespoon brandy
1 teaspoon vanilla
4 egg whites

Mash chestnuts (should have about 1¼ cups). Stir in sugar, milk, butter or margarine, and ⅛ teaspoon *salt.* Beat in egg yolks, brandy, and vanilla. In mixer bowl beat egg whites with electric mixer till stiff peaks form (tips stand straight). Fold into chestnut mixture. Turn into an ungreased 1-quart soufflé dish. Bake in a 350° oven 40 to 45 minutes. Serve at once. Makes 4 or 5 servings.



Photographs: Dieter

CHESTNUT CORN BREAD STUFFING

If you don't have your own corn bread recipe, prepare one 10-ounce package of corn bread mix according to package directions—

8 ounces fresh chestnuts, cooked and peeled (about 26)
8 cups crumbled corn bread
1 cup chopped celery
1 cup chopped onion
¼ cup butter *or* margarine
¼ cup snipped parsley
1 teaspoon salt
1 teaspoon poultry seasoning
½ teaspoon dried marjoram, crushed
¼ teaspoon pepper
1½ cups chicken broth*

Coarsely chop chestnuts. Spread corn bread crumbs in a 15x10x1-inch baking pan. Bake in a 325° oven for 25 minutes or till toasted, stirring occasionally. Cook celery and onion in butter or margarine till tender. Stir in parsley and seasonings. Combine corn bread crumbs, vegetable mixture, and chestnuts. Add chicken broth, tossing to moisten. Spoon stuffing into a 2½-quart casserole. Bake in 325° oven 1 hour. Makes 8½ cups.

**To use stuffing to fill a 10- to 12-pound turkey,* reduce the chicken broth to ¾ cup. Add ½ to ⅔ cup more chicken broth to any stuffing remaining after stuffing bird. Turn into a 1½-quart casserole. Cover; chill. Add casserole to the oven during the last 45 minutes of turkey roasting time.



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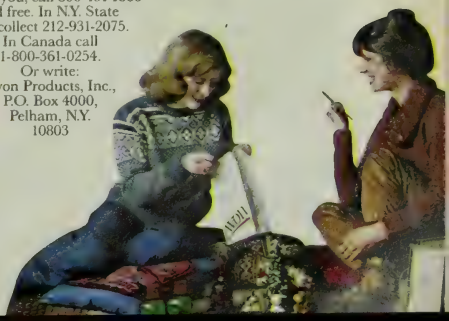
"We live 30 miles from Fairbanks in a beautiful spot that has yet to get telephone service. Thanks to Avon, I never feel isolated. Customers say they plan their day around my visit. And come Christmas, people call me the neighborhood Santa because I make deliveries in my sleigh. That's flattering, but nothing tops the fact that my husband, Jim, and I have made close friends out of so many of my customers. To me, that says a lot about Avon."

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Use this chart to check the coverage of any other repair plan you may be considering	GM Continuous Protection Plan Coverage	Other Plans Coverage (Enter YES or NO)
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Honored at over 15,000 dealers in the U.S.A. and Canada	YES	_____
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HEALTHY EATING



Because Mazola® is 100% pure corn oil, it has no cholesterol and it's low in saturated fats.

of things that will make the recipient's trip a little easier or more enjoyable.

For all travelers

- Trips to a coin laundry in a strange town aren't much fun. You can make the chore less irksome by giving the traveler a laundry bag containing detergent and a change purse filled with dimes and quarters. Also add large plastic bags with self-closing tops for carrying wet clothes to the laundry.
- Prepare and give a useful medical kit containing antiseptic, bandages, aspirin, salt tablets, disinfectant, suntan lotion, burn cream, tweezers, and insect repellent.
- Put together a sewing kit for on-the-road repairs of popped buttons and ripped trousers. In a small lidded box, place needles, thread, buttons, and possibly a pair of folding scissors and a small stapler for temporary repairs.
- For a coffee-drinking traveler, put together supplies for an early-morning coffee break. These would include a jar of instant coffee, dry cream, sugar packs, and disposable coffee cups (with plastic holders if possible). Add a small kettle that operates off the car's cigarette lighter. Packets of dry soup, tea, and hot chocolate are ideal additions to this gift.
- If the traveler likes to cook out or beachcomb, give him or her a canvas sack containing a small grill, lighter fluid, tongs, a spatula, and matches in a waterproof container. If the sack is large enough, prepare several one-fire-size batches of charcoal and seal them in paper sacks. Then tuck the sacks in a garbage can liner.

continued

FEATURES

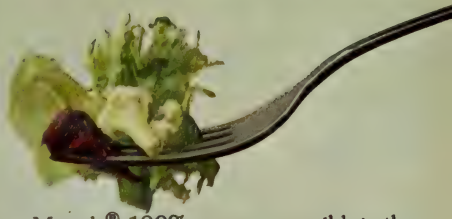
GOOD GIFTS FOR TRAVELERS



Drawing: Blazer Kimball

When you want a special gift to present a traveler, there's no need to rush to the store for an expensive item. By using your imagination, you can assemble a kit

NATURAL LIGHTNESS



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continued

Good gifts for travelers

• A campfire kit is a good gift for the "roughing-it" crowd. In a plastic bag put a box of wooden matches (and possibly a tube of fire-starting gel), a package of marshmallows, and a pan of ready-to-pop popcorn. Then tie the bundle to the handle of a small ax with an always-useful length of rope.

For boaters

• To make a kit for showers ashore, put a towel (thin towels dry faster and take up less storage space), a washcloth, a soap container with soap, and a pair of sandals in a canvas bag. Add a box of shampoo samples, toothpaste, deodorant, lotion, a disposable razor, and a small toothbrush.

• For a not-too-costly gift, present personalized notepaper, napkins, or matches imprinted with the boat's name. These can be ordered from stationery stores or mail-order catalogs.

• Embroider nautical designs and the name of the recipient's boat on the crown or brim of an inexpensive tennis hat, or on a set of towels.

• Cover a foam rubber bed pillow with a colorful beach towel. It can be used for lounging in the cockpit and covered with a pillowcase for sleeping.

• Canvas or denim bags of all sizes make excellent space-saving luggage for boaters; buy them to match the boat's colors and personalize them with iron-on letters. Use more iron-on letters to put the boat's name on a plain T-shirt for each crew member.

• Make a kit of items often in short supply on boats: neatly packaged plastic ponchos, disposable flashlights, unbreakable ashtrays.

• Any boating family would welcome a festive "cooler." Fill a small plastic bucket with special food and drink (cans of smoked oysters, herring, nuts, wine, canned cheese, and crackers).

• Give an inexpensive pocket camera and film to the boater who leaves his expensive equipment at home for fear of water damage.

For cyclists

• Embroider the cyclist's name on the crown or brim of a tennis hat. Then fill the hat with lotion and sunscreen, extra sunglasses, and a small compass.

• In the center of a large bandanna place small packages of energy food—raisins, nuts, granola bars—and tie the four corners together.

For car and RV travelers

• Fill a car litter basket with games and books appropriate to the ages of family members. If the vehicle has a tape system, include a tape of an old radio mystery drama.

• RV passengers have lots of time for reading; present them with a bunch of bargain books from secondhand bookstores and garage sales. Also, prepare a guest book with an attached pen so the travelers can record the names and comments of neighbors in campgrounds.

• Give a long-distance traveler a packet of envelopes filled with useful and surprising items: stamped postcards, money and suggestions for its use (a stop for ice cream, purchasing a souvenir), a gift certificate from a fast-food chain.

Presenting the GE toaster that broils and bakes.



Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

The GE Toast 'N Broil Toast-R-Oven® toaster.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters...and the pan pops right into the dishwasher for easy cleaning.

It's a great oven.

The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for.



Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. Its thermostat controls the temperature from 200° to 500°F.

It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23.

Once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

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Other items made by General Electric use DuPont Teflon® non-stick coatings.

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NO CAR BEFORE CHEVY CITATION OFFERED YOU ALL THESE NUMBERS.

5 adults ride comfortably. According to government EPA ratings, the new Chevy Citation Hatchback is a mid-size car inside.

30 bags of groceries fit inside. That's in our hatchback models, with the back seat folded down. You're probably not going to buy that many groceries, but it gives you an idea of Citation's 41.4 cubic feet of cargo space.

19.6 cubic feet of hidden cargo area behind the rear seat of the hatchbacks. And there's a rear compartment panel linked to the hatch so what's inside is hidden from view.

65% of the car's weight is up front. With Citation's front-wheel drive, about 65% of the weight is over the front driving wheels. The result is good traction down wet streets in snow or mud.

24 EPA estimated MPG. 38 highway estimate. Remember: Compare estimated MPG to that of other cars. Your mileage may vary depending on speed, distance and weather. Your actual highway mileage will probably be less than the highway estimate. California estimates lower.

336 mile cruising range. 532 highway range. Estimated range figures obtained by multiplying Citation's 14-gallon fuel tank capacity rating by the EPA mileage estimates.

2.5 Liter 2-barrel 4-cylinder is Citation's very capable standard engine. It's mounted sideways, between the front driving wheels, which helps give you more passenger space.

2.8 Liter 2-barrel V6 is available if you want more oomph.

50 MPH in 9 seconds flat, from a standing start. That's in engineering tests with the available V6 and automatic transmission. California figures not available.

4 speed manual overdrive transmission. Citation's standard transmission is a true overdrive. At cruising speeds it helps get impressive fuel economy because the 4th gear lets the engine run slower than with a conventional transmission. (Not presently available in California.)

3 speed automatic transmission is available, too. And the ratings for it are also impressive: (22) EPA estimated MPG/35 highway estimate. California estimated (22) MPG/33 highway.

3/4 of a parking place is all it needs. Outside, Citation is a compact car. End to end, less than 15 feet long.

4 function "Smart Switch." A single column-mounted lever controls turn signals, windshield wipers, windshield washers and headlight dimmer.

19 sound-deadening treatments. Citation is built with lots of insulators and noise barriers to help separate the outside world from the quiet inside.

27 anti-corrosion steps. Extensive use of zinc-rich precoated metals and various chemical treatments help keep Citation good-looking.

6 Citations to choose from. 4-door and 2-door Hatchbacks, 2 Coupes, and 2 sporty X11s.

70 customized options. Everything from "A" (air conditioning) to "Z" (zippy pin striping) is available. So you can order your Citation to fit you to a "T."

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Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report May '78.

U.S. Government Report:
Box or menthol:

Ten packs of Carlton

have less tar than one pack of...

	Tar mg./cig.	Nicotine mg./cig.		Tar mg./cig.	Nicotine mg./cig.
Kent	12	0.9	Parliament Lights	9	0.6
Kool Milds	14	0.9	Salem Lights	10	0.8
Marlboro Lights	12	0.8	Vantage	11	0.8
Merit	8	0.6	Vantage Menthol	11	0.8
Merit Menthol	8	0.6	Winston Lights	13	0.9

Carlton is lowest.

Less than 1 mg. tar,
0.1 mg. nic.



HOW TO BE A WELCOME HOSPITAL VISITOR

No matter how fine the facility or friendly the staff, a stay in the hospital can be lonesome. This is especially true during the holidays, when thoughts focus on home, family, and friends.

Every year more than 37,000,000 Americans are hospitalized. Chances are, one of the patients is someone you know, and you'll probably make one or more visits during the time your friend or relative is hospitalized.

But, how many visitors are really welcomed by the patient, his physician, or the hospital staff? More and more hospital officials, physicians, and even patients are saying to potential visitors: "Stay away, unless you know your visit is welcome." How do you know whether your visit will help or hinder the patient's recovery? When should you visit? How long should you stay?

Here are the answers to those questions to help make you a welcome hospital visitor.

When to visit?

One hospital administrator says hospital visiting has become a "social occasion—just like sending a wedding present to the boss's daughter. Hospital visiting has become a celebration of illness." Another hospital official says visits are often made by people who feel a "moral obligation to do so when, in fact, many patients prefer no visitors since a hospital stay can be an opportunity to rest." So make your visits to the hospital when it's best for the patient, not best for you.

Unless your visit will benefit the patient, sending a card or flowers, or making a phone call, will help as much as an "in person" visit.

The best way to find out whether your visit will be appreciated is to ask. Inquire (by phone or in person) about the patient's condition at the hospital information desk, or at the nursing station on the patient's floor. Then check with the patient's family to make sure your visit will be welcomed.

If you get the green light to visit, plan to make a *brief* stop during the hospital's regular visiting hours.

If you show up at some other time, you may disrupt the patient's rest, a special diagnostic examination, meals, or nursing care.

For patients whose stay is extended, there's usually a rush of visitors at the beginning of the stay, and then the rush trickles off. That leaves the patient with little to do during the latter part of his stay, when he probably would benefit most from a visit.

Surgery patients should not have visitors (other than family) until at least two days *after* the operation.

Who should visit?

Dr. Carl Walter, professor of surgery, emeritus at Harvard Medical School, says "If you have emotional ties with the patient, or if you can function in a supportive role, by all means visit."

Many hospitals help make the decision about who can visit by establishing visiting rules. Children under the age of 12 are generally not allowed to visit because they might spread childhood diseases (or catch diseases from patients). Furthermore, most hospitals restrict obstetrics floor visitors to the new mother's immediate family. Patients in most intensive care units can have visitors from the immediate family only, and then only for short periods of time, say ten minutes every two hours. If a patient is isolated because of an infectious disease or severe burns, visitors will not only be restricted but will have to wear special hospital gowns, gloves, and masks.

Many hospitals make special provisions for relatives whose presence is important. Parents are often allowed to stay with their children, and some hospitals encourage this by providing a bed for the parent and making provisions for meals. Special arrangements are made so the mothers of hospitalized breast-feeding infants can continue the baby's feedings.

Visits by a close friend often take on special meaning in the hospital. A patient may find it easier to voice fears and concerns to a friend than to a relative. A man, for example, may not want to show fear to his family, but he may open up with a close friend.

How many should visit?

It sometimes seems to hospital administrators and nurses—even the patients—that dozens of loud, ill-mannered people descend on the hospital at the beginning of visiting hours and stay until long after visiting hours are over. Indeed, most patients have experienced the ordeal of having too many visitors all at once.

Dr. Walker says, "I decry the tend-

continued

Drawing: Graphic Corporation



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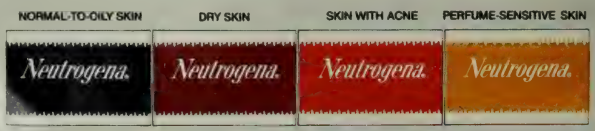
Maybe you don't have problems with your skin very often. Then why should you even think about using a soap specifically formulated for sensitive skin?

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We believe you can't buy a finer soap for skin care than Neutrogena. And now you can find it in four formulas, adapted for different skin types. So whether you have a skin problem or just don't want one, give your skin the best care you can. Consider Neutrogena soaps, developed for sensitive skin. One of them is bound to be good for you.



Look for it at better drugstores everywhere.

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• Keep the conversation upbeat. Don't bring additional problems to the patient. If the patient is a co-worker, for instance, talk about what's going on at the office, but avoid discussing problems that the patient's absence may have caused. Family members shouldn't dwell on the chores that aren't getting done at home. Instead, it's better to say that the patient is missed at home (or at work), but you're managing to cope during the brief absence.

What should you avoid?

The following "don'ts" for hospital visitors are based on the experience of many hospital administrators and nurses. Some of the admonitions seem obvious but according to hospital officials they're repeatedly ignored.

• Don't bring food unless you're absolutely sure it's permitted in the patient's care plan. Check with the patient's nurse before you bring anything to eat or drink. In many cases, the patient's diet is as vital to his recovery as the medications he is taking. And while you're visiting, don't offer to get the patient water, coffee, or anything to drink or eat. Presurgical patients, for instance, should have nothing to eat or drink before the surgery.

Never bring liquor to a patient—even if he asks you to. Medicine and alcohol is a deadly combination.

Above all, never give a patient any medication. Even if the patient asks you for an aspirin to relieve a simple headache, she's the nurse first.

• Don't smoke. Most hospitals restrict smoking by pa-

continued

continued

Hospital visitor

ency of friends and relatives of patients to visit *en masse*. We have studies showing that the bacterial count is considerably higher after visiting hours than it was before. Even a common cold should make you postpone visiting the hospital."

Most hospitals try to limit visitors to two per patient at any time. Some hospitals require that visitors get a pass before their arrival. If no such system exists, and you find the patient already has several other visitors, leave and come back later.

What do you say?

Let the circumstances of the hospitalization dictate your conversation. Here are some conversation guidelines:

• Don't talk about your own hospital experiences, or those of others. The last thing a patient wants to hear about is someone else's hospital stay.

• Be honest in your conversation, but be tactful. In other words, don't walk into a patient's room and say, "Gee, you're looking great," when obviously the patient doesn't look great. On the other hand, you don't want to say, "You're not looking up to par today." Unless the patient really does look good, the best alternative may be, "Could you use a little company?" or "How are you doing?" Keep your remarks general so the patient can steer the conversation.

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Puppy Chow

Puppy Chow



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Ornex® isn't ordinary.

Ornex gives strong, effective relief with no antihistamine to make you sluggish or sleepy.

It has an effective decongestant to help relieve stuffiness and let you breathe more freely. And the most widely accepted aspirin-free pain reliever to soothe your aches and help reduce your fever.

Ornex is the complete cold and flu medication you need without the antihistamine drowsiness you don't need.

Try it on your next cold.



Read and follow label directions.

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Professional Products Division
a SmithKline company

Effective relief without drowsiness.

continued

Hospital visitor

tients and visitors. If smoking is allowed, it should be confined to a smoking lounge. Some hospitals give the patient the choice between smoking and no-smoking rooms, but even if the patient is allowed to smoke, you shouldn't. Smoke from many visitors' cigarettes travels down the hallways and can cause problems for other patients. Of course, in rooms where oxygen is in use, smoking is more than unhealthy; it's downright dangerous.

- Avoid sitting on the patient's bed. If there aren't any vacant chairs in the patient's room, it probably means there are too many visitors. If you want to comfort a patient, or help him eat, do it from a bedside chair.
- Don't bother nurses with your personal needs. Nurses are supposed to take care of the patient—not the patient's visitors. Unless you're a family member, you shouldn't question the nurses (or doctors) about the patient's condition or progress. Do call the nurse's attention to any change in the patient's condition. Don't hesitate to ask the nurse to assist the patient if he wants to change his position in bed or needs some other service.
- Don't touch the equipment in the patient's room. Such equipment is delicate and you may throw it out of adjustment. It's also unsanitary to handle equipment that may later come in contact with the patient.
- Don't stay too long. With few exceptions, short visits are better than long ones. And it's up to you to keep the visit short. It's sometimes hard for the patient to say that he's too tired to continue the conversation, or that he'd like to rest.

What if you can't visit?

If the patient's condition (or yours) makes a visit impossible or inconvenient, don't feel guilty. Make a phone call, or send a card, a book, a plant, or cut flowers (remember, though, that flowers aren't allowed in the intensive care units of most hospitals). The patient will probably appreciate your thoughtfulness as much as an "in person" visit. If the patient's diet allows it, a basket filled with fruit and nuts is an excellent gift. It's more healthful than candy, and it's something the patient will remember long after flowers have faded.

The Children's Hospital of Philadelphia has come up with an excellent idea for children in the intensive care unit whose visitors are confined to parents or immediate family. The hospital arranges to have classmates of a hospitalized child make a tape recording at the school. The recording is then played back for the child at the hospital. Parents, brothers, and sisters—even the family pet—can join in the project, too.

Some hospitals have a closed-circuit television system that allows two-way visits between children and their parents, brothers, or sisters when access to the patient's room is restricted.

Use the telephone to visit. If you call, the best time is during the regular hospital visiting hours so you won't interrupt a rest or a test.

—Michael P. Scott

The spacious Fisher-Price Doll House.

To furnish, decorate and live with happily ever after.



This is the front view.

This big, beautiful doll house is 23 inches tall from foundation to rooftop. When you assemble it, you'll see the realistic details w

Th

a studio

doors or

wallpap

Wi

of furniture and appliance

comes with the house. Th

And, now that we've give

we wish you good luck in



Doll House and furniture sold separately.

© 1979 Fisher-Price Toys, East Aurora, New York 14052. Division of The Quaker Oats Company.

The Bacardi rum cake. Nice. And easy.



BACARDI® rum. The mixable one.



It's easy to see why Step Saver gives such a clean, clear shine.

Step Saver has ammonia to clean better, so its wax can shine better. Every time you damp mop.

©1979 S C Johnson & Son, Inc

Johnson wax

FOOD



Hot Dog Ideas

Pickles, Relishes, and Condiments

Do your summer meals include new ideas for hot dogs and sausage links? Do you make pickles, relishes, or condiments in a special way? Send us your recipes—you could win next July. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes® pages next July. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Hot Dog Ideas

Your main dish or snack recipe can feature turkey franks, hot dogs, knockwurst, bratwurst, Italian or Polish sausage, etc. Tips: **sauced bratwurst, stuffed turkey franks, frankfurter club.**

Pickles, Relishes, and Condiments

Maybe you have a favorite recipe for a unique pickle, relish, or condiment. Do you use a quick 'n easy method? Hints: **picante sauce, zucchini relish, caraway pickles.**

THIS MONTH'S WINNERS

(See recipes on pages 147 and 148.)

Cooks-of-the-Month

Shirley Brown, Poquoson, Va.
Mrs. Edith Kleppe, Milwaukee, Wis.

Runners-up

Frances E. Dietz, York, Pa.
Laura Getschmann, Bremerton, Wash.
Ms. Carley Lindsay, Iowa City, Ia.
Angela R. Vibert, South Windsor, Conn.

Honor Roll

Beverly Bellehumeur, Englewood, Colo.
Esther M. Brown, Mesa, Ariz.
Mrs. Janice S. Elder, Spartanburg, S.C.
Mrs. J.F. Finnegan, Minneota, Minn.
Mrs. Barbara C. Gossage, Springfield, Va.
Brenda Hunter, Roanoke, Va.
Mrs. V. W. McCoy, Winfield, Ill.
Cis Mountz, Granite City, Ill.
James L. Strieber, Alameda, Calif.
Mrs. William Strieber, Crofton, Md.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it either "July Hot Dog Ideas" or "July Pickles, Relishes, and Condiments."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, December 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7912 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

Kim Garretson

Good News

Close-cutting razor



Treat someone on your gift list to this razor with a head made of the thinnest foil ever. The super thin foil allows the blades to cut at or below the skin line. The stainless steel foil head also is electro-polished, a process that greatly reduces drag. Other features include a hairline trimmer, 12 self-sharpening stainless steel cutting blades, an adjustable four-position groomer guide for trimming facial hair, and a push-button head release to simplify cleaning. Both cord and cord/cordless models are available; the cordless model includes a power pack.

8008 Series Groomer Razor, about $58 (cord model), $73 (cord/cordless model). Sunbeam Appliance Co., 2001 S. York Rd., Oak Brook, Ill. 60521

Super exerciser



This exerciser uses air resistance to give muscles a smooth, continuous workout. Within the round cage are fan blades that cut the air with increasing resistance as you pedal faster. Pushing and pulling the handlebars while you pedal helps turn the fan blades for upper body exercise (for vigorous upper body exercise, use just the handlebars). The instrument panel has a gauge that measures energy burned, a timer, and resettable and cumulative odometers.

Schwinn Air Dyne ergoMETRIC Exerciser, assembled and fitted, ready to ride, about $400. The Schwinn Bicycle Co., 1856 N. Kostner Ave., Chicago, Ill. 60639.

Speaking translator



Photographs: William Hopkins

Unlike most language translator devices, this one speaks many of its stored translations so it helps the user with pronunciation as well as vocabulary. Plug-in modules translate about 1,000 words and many common phrases of any of three languages to a fourth language. About half the translations are spoken by the speech synthesizer while they're displayed. The other half are displayed only. Language modules are available in French, Spanish, German, and English. When you plug in the French module, for example, you can press in words or phrases in Spanish, German, or English, and the device will speak and/or display the French translation. The translator and any module really have five different functions: 1. translation of 25 preprogrammed common phrases; 2. translation of partial phrases and your choice of words to complete the phrase; 3. translation of the 1,000 word memory; 4. memory-learn mode that drills the user on pronunciation and translation of user-selected words; 5. program-learn mode for programming other drills.

Language Translator, about $300; language modules, about $60 each. Texas Instruments Consumer Relations, P.O. Box 53, Lubbock, Tex. 79408. Telephone: 800-858-1802 (in Texas: 800-692-1351).

continued

Unique composite racquet



This racquetball racquet can add speed, strength, and precision to any player's game. A composite of graphite and fiber glass makes the racquet lightweight and flexible for good ball control. At the same time, the composite adds power to shots by "snapping" the ball at impact. The flexible shaft and urethane foam handle absorb unwanted shock and vibration.

Composite 250G Racquetball Racquet, about $80. Ektelon Inc., 8929 Aero Dr., Box 23510, San Diego, Calif. 92123.



Taste why Belair is America's *1 menthol under 10 mg. 'tar.'

Lower 'tar' and lighter menthol give Belair its unique fresh taste. That's why more people smoke Belair than any other menthol under 10 mg. 'tar.' So come on fresh... taste today's Belair!



© 1979 B&W T Co.

Kings & 100's–9 mg.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg. "tar", 0 .8 mg. nicotine av. per cigarette by FTC method.

Good News

Super stereo pair



This 50-watt hi-fi receiver delivers greater musical output from radio, records, and tapes at a lower price than most other 50-watt receivers. Plus, the unit is small enough to fit on a bookshelf (17 inches wide, under four inches high).

The stereophone reproduces all styles of music smoothly and accurately. The soft ear cushions seal out distracting room noises.

Advent 350 Receiver, about $530. Advent Corporation, 195 Albany St., Cambridge, Mass. 02139. Koss Tech 2 Stereophone, about $60. Koss Corporation, 4129 N. Port Washington Ave., Milwaukee, Wis. 53212.

Electronic toaster oven



Besides baking, broiling, roasting, and top browning, this counter-top oven toasts up to six slices of fresh or frozen bread. And a unique electronic sensor on the rack controls the toasting to assure even results no matter how thick or hard the bread is. The oven has a 90-minute timer and a temperature range of 200°F to 500°F. The sidewall panels, glass door, back wall, and oven pan are removable for cleaning in the dishwasher.

CTO-2000 Versatron Oven, about $100. General Electric Co., Housewares Div., Bridgeport, Conn. 06602.

Please do not send money to a company; manufacturers will not sell products shown in Good News directly to consumers. The products are available nationwide; write the company for more information or the names of stores selling the product.

Before you open that door...

Are you sure your clay litter controls odors?

You can't be sure with the leading clays. Their perfumes and colored specks can't control odors as well as Litter Green. Litter Green, with chlorophyll, is 100% natural deodorizers. Every pellet controls odors, so you can have a fresher smelling home.





Get Litter Green® and be sure.

Get noticed.

Or get admired.

Get the Cascade look... virtually spotless.

Most detergents can leave drops that spot. But Cascade's sheeting action leaves glasses virtually spotless...beautifully clear.





HEALTH

Tips on sunlamp safety

Using a sunlamp is an easy way to replace your winter pallor with a summerlike tan. But proceed with caution: It is estimated that 11,000 injuries from misuse of sunlamps and heat lamps are treated in hospital emergency rooms each year. Here's advice on how to use sunlamps and heat lamps for best results and maximum safety.

How a sunlamp tans your skin

Sunlamps produce ultraviolet light rays that, like sunrays, stimulate the production of melanin, the skin pigment that creates a tan.

Besides creating a tan indoors, a sunlamp can prepare the skin for outdoor exposure to the sun—before a winter vacation to Florida, for example. Therapeutic sunlamps are available to treat certain medical conditions.

Don't assume you can safely "sunbathe" longer under a sunlamp than outdoors. Studies have revealed that three to five minutes under a sunlamp at the manufacturer's recommended distance can equal about 15 minutes of exposure to natural sunlight.

There are three basic types of sunlamps for home use, ranging in price from about $40 to $130. You can choose a reflector bulb that screws into a socket inside a holder; a model that resembles a standard fluorescent light tube; or a bare arc tube in a metal reflector (unlike the glass in the first two types, the glass in the latter can transmit some more intense ultraviolet light rays that are not normally present in sunshine).

Since 1975, Underwriters Laboratories has required that sunlamp holders bearing the UL mark come equipped with suitable goggles and have a timer that automatically shuts off the lamp.

Sunlamp hazards

Aside from the obvious threat of burns, repeated overexposure to ultraviolet light may make the skin look

continued





My Ethan Allen Interior Designer knew I'd love these Italian porcelain figures. She called to tell me about them.

"MY GALLERY GOES AROUND THE WORLD COLLECTING TREASURES FOR ME TO MIX AND MATCH IN MY OWN PERSONAL STYLE."

Meet Ann and Jerry Lawrence. Ninth in a series about the kind of people who furnish their house, their way, at their Ethan Allen Gallery.

"We both love fine furniture, and I especially love finding those treasures that make a room special. All of the furniture in this room came from Ethan Allen. Our desk is an example of the beautifully made pieces they have. But the things that make a room really 'us' came from Ethan Allen too. Ethan Allen can travel to places I can't, so I can brighten my home with Italian porcelain or make it glow with brass from India. Our favorite painting on silk is from China. So is the beautiful rug we've just chosen. It was one of the first to be brought out of Mainland China!

We enjoy being surrounded by good things. They're the things that last. Ethan Allen not only has fine furniture, they collect exciting accessories from all over the world. That's why Ethan Allen's our Gallery."





Ethan Allen travels to India, Pakistan–even Mainland China–to find hand-made rugs like these.

Ethan Allen Galleries



COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE YOUR WAY.
LOOK US UP IN THE YELLOW PAGES

©1979 Ethan Allen, Inc.



Get Smucker's great grape value and spread a whole lot of happiness.

It's the all natural grape jelly that spreads two pounds worth of consistent Smucker's quality. That's a lot of good taste. So look for the *gingham cap* that means Smucker's.
Then spread the good word: Smucker's two pound grape is a value that'll make the whole family happy.

With a name like Smucker's, it has to be good.®

Send for your *free* Smucker's Grape Jelly recipes. Send a self-addressed, stamped envelope (legal size please) along with this coupon to: Smucker's "Great Grape" Recipes, P.O. Box 713 Dept. E, Medina, Ohio 44256.

Name_____
Address_____
City_____ State_____ Zip_____

continued

Sunlamp safety tips

leathery and weathered. More important, such overexposure also may significantly increase the risk of developing skin cancer.

Your eyes are particularly vulnerable to injury from ultraviolet light. Exposing the eyes to ultraviolet light also can lead to photokeratitis—a painful but temporary condition that makes the eyes sting and feel sandy and gritty.

Check with your doctor before using a sunlamp if you are taking any medication. Certain types of drugs heighten sensitivity to ultraviolet light.

If you have fair skin, freckle easily, or get cold sores frequently, you probably should refrain from using a sunlamp.

"Sunbathing" precautions

- Buy the best sunlamp you can afford. Read the manufacturer's instructions thoroughly and follow the recommendations on how long to "sunbathe" and how far to position yourself from the sunlamp.
- Never use a sunlamp in a fixture without a timer. If the timer doesn't include an automatic shutoff device, make sure it has an alarm loud enough to awaken you if you should fall asleep. If your sunlamp has no timer, use a loud kitchen timer.
- Always wear ultraviolet filtering goggles to protect your eyes when using your sunlamp.
- Since ultraviolet light is invisible, it's difficult to estimate the intensity of a new sunlamp bulb. But you can be sure that a new bulb emits more ultraviolet light than an old bulb that has been in use for some time. After you have replaced a worn-out bulb, it's wise to use the sunlamp for shorter intervals.
- Be aware that a hot shower or sauna session just before using a sunlamp can leave you more sensitive than usual to ultraviolet light.
- Don't assume that using a suntan lotion or sunscreen with a sunlamp makes you burn-proof. Fair-skinned individuals are extremely vulnerable to burning no matter how much sunscreen they use; even people with darker complexions should avoid overexposure to ultraviolet light rays.
- Apply a sunscreen or pomade specially formulated for the lips before using a sunlamp. Otherwise, the light may make them dry and cracked. The sunscreen also will minimize the risk of developing lip cancer from repeated exposure to ultraviolet light.

Heat lamps

Heat lamps provide warmth and can temporarily relieve aches and pains. The lamps also are used by hobbyists to speed the drying of glue and paint. The infrared light generated by heat lamps is a much safer form of light than the ultraviolet light of sunlamps. Nevertheless, heat lamps should be used with caution. Wear goggles during long sessions to prevent moisture in the eyes from drying out.

—Dave Sonnenburg

CARS PEOPLE SWEAR BY. NOT AT.



"!@*#%!@*#%!!"

If that's what you have to say about the last new car you bought, you're not alone. More and more people today are thinking less and less of the way new cars are made.

But there's one group of people who can still talk about their cars without using X-rated words. Volvo owners.

In fact, statistics show that 9 out of 10 people who buy new Volvos are happy.

And this year happiness comes in more forms than ever before. From Volvo's affordably priced DL sedans and wagons to the luxury class GLEs that afford every comfort and convenience feature anyone could want.

There's also the Volvo GT that will give many of the world's most revered performance cars a run for their money. But it does it for thousands less.

And finally, the Bertone Coupe. A personal luxury car created for the individual seeking the ultimate mark of quality in an automobile; hand craftsmanship.

Whichever model you select, you'll be getting the quality, comfort and safety that make Volvo something quite uncommon in this day and age.

A car that's a blessing instead of a curse.

VOLVO

A car you can believe in.



Satin SleepShops at:

Abraham & Straus New York
American Furniture Albuquerque
L. S. Ayres Indianapolis
Bamberger's New Jersey, Pennsylvania
Bullock's Los Angeles
Davison's Atlanta
Famous-Barr St. Louis
Gimbel's Milwaukee
Halls Crown Center & Halls Plaza Kansas City
Hecht Company Washington, D.C.
D. H. Holmes Company Ltd. New Orleans
Jordan Marsh Boston
Kaufmann's Pittsburgh
Macy's California San Francisco
Marshall Field & Company Chicago
May Company Cleveland
May D & F Denver
Meier & Frank Portland
Rike's Dayton
Sanger Harris Dallas
Shillito's Cincinnati
Strouss Youngstown

Panasonic introduces the Double Alarm clock radio.



No matter which one of you gets up first, the new Panasonic AM/FM digital clock radio with Double Alarm (RC-95) means you won't have to reset the alarm in the morning.

Just set the first alarm for 6:30. Then set the second alarm for 8:00. Now forget it, but get set to get up at 6:30. Or 8:00.

You can awake with a buzz or with a beat. You two may have to compromise on the station, but we'd never ask you to compromise on the sound. Even at 6:30 AM our 3" dynamic speaker sounds like dynamite.

Since sometimes you want to get going a little earlier, our fast-reverse button makes it easy to set back an alarm, say, ½ an hour, without going through 23½ hours to get there. Our fast-forward makes it easy to set the time ahead, too. And it's so easy to see the time you've set on our fluorescent digital display with dimmer. A quick squint will tell you the time, the date and even whether it's day or night.

Day or night, you also get a power failure indicator, childproof controls, a 59-minute sleep timer, a doze control and a 2-year limited warranty.*

The new Panasonic AM/FM digital clock radio with Double Alarm. It's the one thing you two need. (Now if we could only get it to fry eggs... for two.)

*For two years after purchase, Panasonic will repair or replace parts if purchased in the U.S.A. You must bring the radio to an authorized service center with proof of purchase. Warranty does not cover damage from abuse, misuse or commercial use. Cabinetry is simulated wood.

Because he gets up at 6:30 and she gets up at 8:00.



Panasonic
just slightly ahead of our time.

Kim Garretson

Good News

CHRISTMAS GIFT GUIDE

If there are still gaps in your gift list, flip through the following pages for helpful ideas. You'll find gifts for just about everyone—kids and adults, sports and cooking buffs, do-it-yourselfers and leisure lovers. And since none of the selections were available last Christmas, the gifts will be received with surprise as well as delight. If you can't find one of our selections at local stores, write the manufacturer for a list of nearby stores that carry it. Happy shopping!

Grandiose grandfather clock



A grandfather clock as stately and handsome as this will be cherished by your family for many years to come. The 85-inch-high clock is crafted in cherry solids with a cherry finish. It has a broken pediment crown with triple finials and shell carving. The scene on the clock face is done in colonial blue and white; the piping on the door frames is colored a matching blue.

No. 101 Newport Clock, about $1,500. Ridgeway Division of Gravely Furniture Co., Ridgeway, Va. 24148.

Complete food preparation center



Up to 55 food preparation tasks can be handled by this versatile food preparation center. The basic one-half-horsepower machine comes with a five-quart stainless steel mixing bowl and a beater, whisk, and dough hook; 14 optional attachments handle additional tasks like potato peeling, cream making, wheat and coffee grinding, sieving, juicing, shredding, slicing, and blending. For mixing, the attachment moves in two directions—spinning on its axis while rotating around the edge of the bowl—so it isn't necessary to stop the mixer and scrape the sides of the bowl.

Kenwood Chef, about $275 (machine and beater, whisk, and dough hook); attachments from $20 to $80 each. Thorn Kenwood Inc., 26 Columbia Turnpike, Florham Park, N.J. 07932. Tel: 800-325-0900, Ext. 62 (except in Missouri).

Self-propelling vacuum cleaner



This self-propelled vacuum cleaner eliminates the backbreaking chore of pushing and pulling a heavy machine. A light touch or pull of the handle sends the vacuum forward or backward; release the handle and the machine is in neutral. Other features include a bright headlight, a carpet height adjuster, and a dual edge cleaner that cleans right up to the wall.

Self-propelled ESP Vacuum, about $200. The Eureka Co., Bloomington, Ill. 61701.

continued

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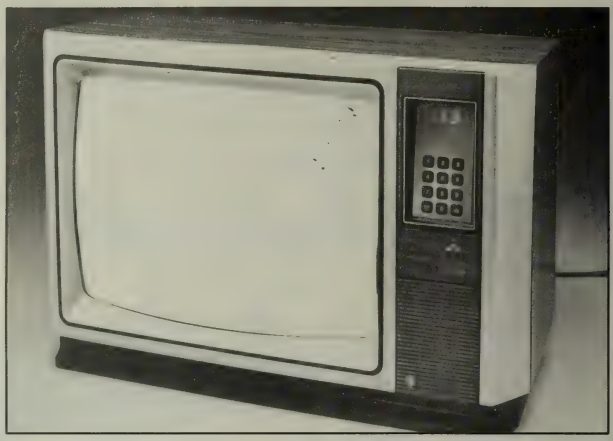
To send a gift of Amaretto di Saronno anywhere in the continental U.S. (except where prohibited by state law), call 800-528-6050 toll free and charge it to your credit card. Arizona residents please call 597-4923.

Liqueur 56 proof. Imported by Foreign Vintages, Inc., Jericho, New York. © 1979. A unique product from Illva Saronno, Italy.

continued

GIFT GUIDE

Pre-scheduled television



Does your family sometimes miss intriguing programs simply because someone forgets to turn on the set? This 19-inch set can be programmed with a week's schedule of automatic turn-on times, channel changes, and turn-off times. A Monday/Friday button lets you, in one step, program a viewing schedule for daily weekday programs; press in a time to turn on your favorite early morning program and the set will wake you. And anytime you want to review your programming for editing and/or deleting any part of the schedule, you simply press a few more buttons. The set's control panel also features a digital clock. Before you leave on a trip, you can plug a lamp into the back of the set and program the TV to turn on and off for a period each evening. The sound and light will help deter potential intruders.

Model FD500 ColorTrak Television, about $570. RCA Consumer Electronics, 600 N. Sherman Dr., Indianapolis, Ind. 46201.

Noted for giving or getting.



Buxton strikes the right note for the gift-giving season. The fashionable Volare All-Together Clutch for women and the elegant Italia Two-Fold and Westport belt for men go on reminding the wearer that someone really cared. Write "Buxton" next to some of the names on your gift list right now.

BUXTON®
never goes unnoticed.



Bedroom TV set

Here's the perfect television set for the late movie fan. The viewer can drift off to sleep to a nighttime show; a timer shuts the set off after 64 minutes. In the morning, the timer awakens the viewer by turning the set on (or rouses him or her with a beep alarm). The television screen provides a sharp five-inch black and white picture. During sleeping hours, the illumination of the blue digital clock display can be lowered; the clock also will automatically switch to battery power in the event of a power outage.

TV-513, about $190. Sony Consumer Products Co., 9 West 57th St., New York, N.Y. 10019.

continued

THE INCREDIBLE ANSWER BLANKET.
AFTER 10 YEARS OF WASHING, IT'LL STILL LOOK LIKE IT JUST CAME OUT OF THE PACKAGE.



This Answer Blanket has been through 25 washings. And it looks better than most blankets do after one. The question is, how?

The answer is that the Answer Blanket isn't made like any other blanket. A unique, patented process bonds millions of Dupont® nylon fibers onto special insulating layers. The result is a deep, soft, velvety fabric— called Vellux®— that's amazingly warm and practically weightless. It won't shed, shrink, pill, mat or fade. And the binding can't fray because there isn't any.

The Answer Blanket. There isn't another blanket like it on earth.

THE ANSWER BLANKET™ BY MARTEX®
WE BUILT A BETTER BLANKET.

Unretouched photograph. Vellux® is also available in comforters, bedspreads and pillow shams
Martex, 1221 Avenue of the Americas, New York, NY 10020

FILTERS IMPURITIES
BEFORE THEY GET INTO YOUR FAMILY.

In many areas, the water systems are plagued with impurities, which are a major cause of unpleasant taste and odor.

The new Peerless™ Bacteriostatic Home Water Filter, with its exclusive five-stage filtration system, removes impurities as small as three-tenths of a micron, and filters rust, sediment, chlorine and microscopic particles. Its unique "automatic warning system" tells you when to change the cartridge so that your family is always assured of having drinking water that has been totally filtered.

The Peerless Water Filter. Easy to install, and it gives you sweet, fresh, crystal-clear water for as little as 6¢ a gallon. Why wait!





Peerless Faucet Company, A division of Masco Corporation of Indiana, P.O. Box 40980, 531 East 86th Street, Indianapolis, Indiana 46240 Copyright, 1979, Masco Corporation of Indiana

continued

GIFT GUIDE

Foolproof camera



This compact single-lens reflex 35mm camera automates the shutter speed once the lens opening is set. If the aperture setting is incorrect, a fail-safe system blocks the shutter release to prevent accidental overexposure. The automatic film advance winder and electronic flash shown here are popular options.

Minolta XG-1, about $404 (with 45mm f/2 lens); Auto Winder G, about $130; Auto Electroflash 200X, about $75. Minolta Corp., 101 Williams Dr., Ramsey, N.J. 07446.

Versatile camera



Once a photographer has chosen an aperture setting, this camera automates picture taking. For scenes with a bright background, there's a backlight control switch. And the battery chamber cover has a raised grip to help steady the camera.

Canon AV-1, about $394 (with f/1.8 50mm lens). Canon U.S.A., Inc., 10 Nevada Dr., Lake Success, Long Island, N.Y. 11042.

continued

How to defrost, cook and keep a rib roast warm in a microwave oven.



Them.*

Step 1. First, look up the directions and figure out how long it will take to defrost a 4-lb. rib roast. Check the time-tables in the manual.

Step 2. Then press all the required pads to program the Defrost cycle. You'll probably need to touch numbers 2, 8, 0, and 0 for a 4-lb. rib roast at 7 minutes per lb.

Step 3. Now it's time to put the roast in the oven and touch the Defrost pad.

Step 4. Some ovens recommend you continue defrost-ing at a lower power level or allow standing time. That means you must touch more pads for the second-stage defrosting.

Step 5. Insert the meat probe in the defrosted roast or look up and figure out how long the rib roast should be cooked. Look up the time and power again.

Step 6. Then touch the pads to program the Cook cycle.

Step 7. You're not finished yet. Now it's time to program the oven to keep the roast warm until serving time. Be sure to touch all the pads this step requires.

Step 8. Finally touch Start.

But don't go away. Be sure to stay around during the Defrost and Cook cycles to turn the rib roast manually to assure best results. You didn't have anything better to do with your time, did you?

* Compared to many competitive microwaves without Genius Logic Memory



The Panasonic Genius II.™

Step 1. Tap the Defrost-Cook-Warm pad twice for a well-done 4-lb. rib roast.

Step 2. Tap Start. The Auto Sensor Control on the NE-8020 calculates everything, sets everything.

There's even a Cook-A-Round™ rotating turntable so you don't have to stay around.

That's the genius of the Genius II. It's microwave cooking the way it should be. Cabinetry is simulated wood.

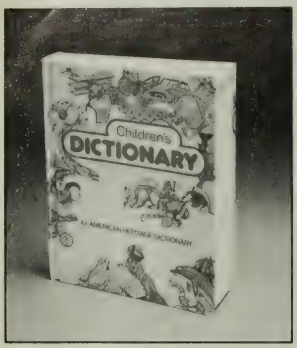


Panasonic.
just slightly ahead of our time.

continued

GIFT GUIDE

Kids' dictionary



Wondering what to give an inquisitive eight- to 12-year-old? This 848-page dictionary's 30,000 entries and 1,500 photos and drawings are written and designed just for that age group. The book provides many fascinating word histories plus an illustrated history of the English language.

Children's Dictionary, about $11. Houghton Mifflin Co., Two Park St., Boston, Mass. 02107.

Mystifying "muscle" car



A kid over eight can baffle friends with this ingenious toy. The child straps the transmitter (foreground) to his or her arm under a shirt sleeve. Then by simply flexing the arm muscle, the child can make the vehicle go forward or backward or stop—without pressing buttons or giving voice commands. The secret is the harmless radio impulses given off by the arm-controlled transmitter.

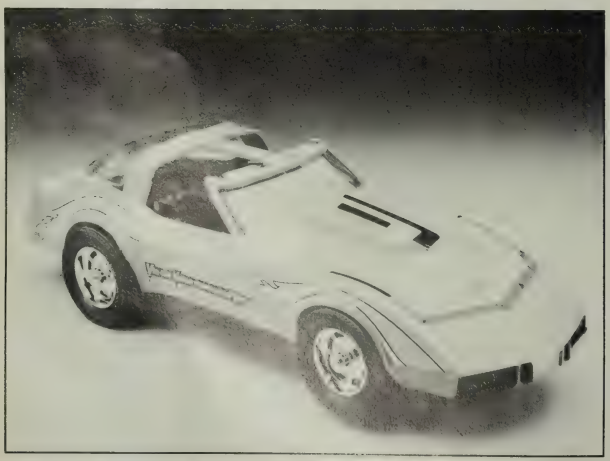
Radarc, Muscle Control, about $28. Kenner Products, 1014 Vine St., Cincinnati, Ohio 45202.

Frisky puppy



Kids under eight will be fascinated by this playful pup. When the child reaches for the toy from the rear, it scampers away and emits a yelping sound. Then when the child lifts the tab under the pup's chin, the toy moves forward toward the child. The lively pup is battery-operated.

Bingo Catch Me Puppy, about $14. Kenner Products, 1014 Vine St., Cincinnati, Ohio 45202.



Voice-controlled car

It takes only a voice command from your child to make this car go forward or back up and turn in circles. The preassembled car is 17½ inches long and seven inches wide, and it sports an eye-stopping red and black body. The sensitivity of the car's voice receiver is adjustable. And your youngster can customize the car with brightly colored trim decals and chrome wheel covers. The car's power is supplied by four type D batteries.

Vic the Voice-Controlled Vette, about $25. Schaper Toys, 9909 South Shore Dr., Minneapolis, Minn. 55401.

continued



LENOX CHINA & CRYSTAL

SEND FOR OUR FREE COLOR BROCHURE. LENOX. DEPT. 1 LAWRENCEVILLE N.J. 08648

continued

GIFT GUIDE

Luggage ideas for him and her

When gift shopping for luggage, try to choose bags that will surprise the recipient with unusual and useful features. For her, the pieces in the popular soft-side style *(right)* get their pizzazz from a diagonal-patterned cocoa twill fabric woven of durable Cordura nylon. The soft brown and white fabric is complemented by coffee-colored vinyl trim.





The suitcase shown here has two wheels and a tether strap for easy rolling through airports, and the travel bag has a removable lining for easy cleaning. For him, how about luggage that doesn't require checking on the airlines? The carry-on bag *(below, upright)* zips open on three sides for easy packing. The bag has two gusseted zippered side pockets plus an adjustable shoulder strap. The garment bag has a full-length interior zipper



plus two zippers across the top for easy packing and unpacking. Other handy features are three gusseted side pockets for last-minute items, a small interior pocket, and an adjustable handle for hand or shoulder carrying.

Cocoa Twill Sonora Luggage: 26-inch Cartwheels, about $85; Travel Pak, about $45. Ambience Carryaways: Zip Around Carry-On, about $50; Deluxe Garment Bag, about $65. Samsonite Corp., Public Relations Dept., 11200 E. 45th Ave., Denver, Colo. 80239.

continued

INTRODUCING COCONUT CUISINE.

The exotic flavor of coconut that has entranced visitors to the tropics for generations can now ›e enjoyed at home.

The answer is Coco Casa Cream of Coconut, a whole new form of coconut. It's a smooth, white, consistent cream that finally delivers the very essence of fresh coconut.

Shake it with rum for frothy Pina Coladas. Use it to make delicious coconut-based appetizers, ntrees and desserts.

Recipes for all the dishes on this page are either on the label, under the resealable lid or from Holland House Brands Company, Department CC, Ridgefield, New Jersey 07657.

You'll find Coco Casa Cream of Coconut where you buy your cocktail nixes or in the baking section of your supermarket.

COCO CASA™ CREAM OF COCONUT FROM HOLLAND HOUSE.®



HEAVENLY COCONUT CAKE

COCO CREME CELESTE

COCONUT CREAM PIE

TROUT COCO ALMONDINE

PINA COLADA

COCONUT FRIED SHRIMP

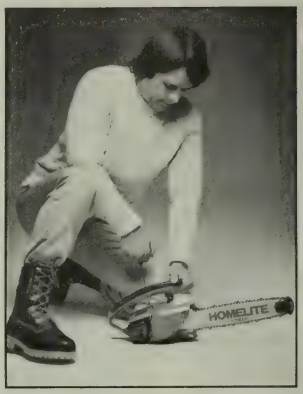
COCO HORS D'OEUVRES (RIBS, WINGS, RUMAKI)

continued

GIFT GUIDE

Outdoor gear

Here's a trio of gifts—sweater, boots, and chain saw—for the avid outdoorsman. The all-wool sweater is treated with a new waterproofing process that makes water bead up and run off the surface of the fabric. And unlike standard oiled-wool sweaters, this one never develops an unpleasant "wet" odor. As for the boots, the finest materials make them completely waterproof. The ten-inch-high boots are made of preshrunken, silicone-impregnated Norwegian calf, with a glove-leather lining. The boots are double insulated throughout. The gasoline chain saw has a thick, rubber-coated handlebar to absorb shocks and vibration. The 12-inch guidebar and 1.6-cubic-inch engine will handle most household woodcutting chores. The chain saw also features a twin-triggered dual-control system for easier and more accurate cutting.



Super Oil All-Wool Sweater, Berber Style No. 708, about $40. Peter Storm Ltd., 126 Davis Ave., Bridgeport, Conn. 06605. Super Boot, about $120. The Timberland Company, Inc., P.O. Box 370, Newmarket, N.H. 03857. XL-2 Chain Saw, about $145 (Christmas offer: free carry case). Homelite Div. of Textron Inc., Charlotte, N.C. 28217.

continued



NORTH STAR'S ULTRA METEOR BLANKET

A new combination of performance and beauty at an inexpensive price.

It's taken us two years of exhaustive research to bring you a blanket this unique... this inexpensive.

In fact we're so confident of ULTRA METEOR's outstanding value, we've given it (and **you**) the Chatham Seal of Assurance to back it up. The Seal of Assurance and Monsanto's 5-year warranty as well.

Even after repeated machine washing and drying, remarkably, ULTRA METEOR resists pilling, shedding and matting while still retaining its original softness and warmth.

The ULTRA METEOR. Fiberwoven of 100% Acrilan® acrylic. Far and away it's so much more than what you thought a blanket could be... for so much less than you'd expect to pay.

The North Star® ULTRA METEOR BLANKET

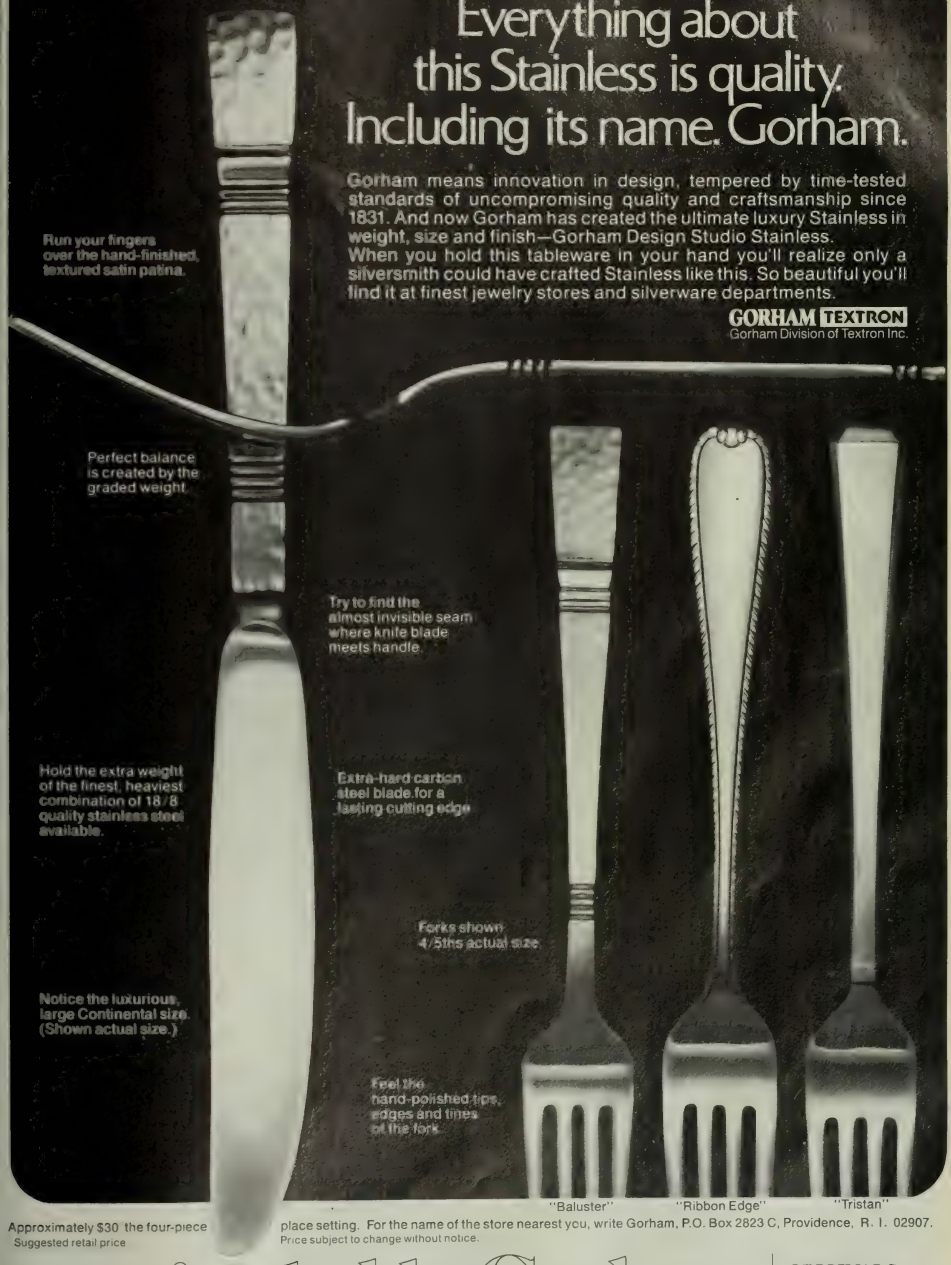
Chatham Since 1877

Available at leading department stores or write, Chatham Manufacturing Co., 111 West 40th. St., New York, N.Y. 10018, for the name of the store nearest you.

Everything about this Stainless is quality. Including its name. Gorham.

Gorham means innovation in design, tempered by time-tested standards of uncompromising quality and craftsmanship since 1831. And now Gorham has created the ultimate luxury Stainless in weight, size and finish—Gorham Design Studio Stainless.
When you hold this tableware in your hand you'll realize only a silversmith could have crafted Stainless like this. So beautiful you'll find it at finest jewelry stores and silverware departments.

GORHAM TEXTRON
Gorham Division of Textron Inc.



Approximately $30 the four-piece place setting. For the name of the store nearest you, write Gorham, P.O. Box 2823 C, Providence, R. I. 02907.
Suggested retail price
Price subject to change without notice.

unmistakably Gorham

ORIGINALS IN STERLING, CHINA, CRYSTAL

continued

GIFT GUIDE

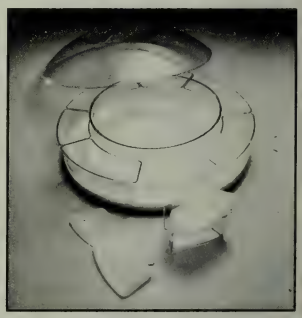
Food and wine cart



This could well be the ultimate gift for a wine lover, unless you can find a rare bottle of Haut Médoc. The rolling cart has permanent storage for up to 20 wineglasses and ten bottles. In addition, the butcher block top holds a stainless steel ice well. A sliding hors d'oeuvre tray and two wooden pegs for towels and accessories grace the sides of the cart. Other features include a drawer for small accessories and heavy-duty casters for rolling the cart to the dining table. The assembled cart has a 19-by-24-inch top and stands 32 inches high; it weighs 80 lbs.

Le Gourmand Party Cart, about $325. Taylor Woodcraft, Box 245, Malta, Ohio 43758.





Serve yourself salad set

This all-plastic salad set is just the ticket for serving build-it-yourself salads. The ten-inch salad bowl is surrounded by seven small trays for ingredients; all rest on a revolving tray and can be covered with a clear dome. Also, each tray has an airtight lid.

Salad Bar, about $30 (without dome), $34 (with dome). Thermo-Serv Inc., 2939 6th Ave., N., Anoka, Minn. 55303.

continued



KOHLER BRINGS YOU CLOSER TO NATURE. INTRODUCING **ASPEN GREEN.**

The sun streams through the Aspens in the early of the morning. The silver-green of the leaves casts shadows across the grey of the trunks. And Kohler captures the ever-changing freshness with a color from the very edge of the forest: ASPEN GREEN.

An intriguing, yet subtle color to use throughout your entire bathroom or kitchen.

Kohler now offers Aspen Green in a complete selection of reasonably-priced bathtubs, whirlpools, fiberglass bathing modules, Water-Guard toilets, bidets, lavatories, and kitchen sinks.

Fixtures in Aspen Green and other Kohler colors are available in the U.S. and Canada. For more information, look for your Kohler dealer in the Yellow Pages or send 50¢ to DEPT. GR, KOHLER CO., KOHLER, WIS. 53044.

Aspen Green by Kohler. It's forest fresh.

THE BOLD LOOK OF **KOHLER**

continued

GIFT GUIDE

Ideal stereo for teens



A compact stereo with good sound reproduction is ideal for a teen-ager because he or she can easily move it from home to college. This low-cost model has an automatic record changer, an AM/FM receiver, a cassette tape recording and playback deck, and two speakers. The user can make tape recordings from records or radio programs.

Centrex KH-2277 Compact Stereo System, about $280. Pioneer Electronics of America, 1925 E. Dominguez St., Long Beach, Calif. 90810.

Small-space speakers



These 12-inch-high two-way speakers won't dominate a room's decor, yet they produce sound with the clarity and volume of behemoth speakers. The secret of this performance is the bass analog computer (shown atop the speakers) that allows for reproduction of very deep bass notes without danger of distortion or damage to the speakers.

KLH-3, about $420 (speakers and computer). KLH Research and Development Corp., 145 University Ave., Westwood, Mass. 02090.

Programmable turntable



This turntable's hand-held wireless remote device controls every step in playing a record—even the sequence of songs played. With the remote control, the user can select any song by number on a record's side. Then by pressing another button, the tone arm will move to that song, then descend and begin playing the record.

MT360 Wireless Remote Programmable Turntable, about $400. Fisher Corporation, 21314 Lassen Street, Chatsworth, Calif. 91311.

Small-space stereo system



Compactness is the most unusual feature of this stereo system (the receiver is the smallest of its class on the market), but the components also have some unique features for their moderate prices. The three-inch-high receiver delivers 30 watts per channel; all its infrequently used controls are hidden behind a flip-open panel for a sleek look. The compact tape deck has electronic push buttons instead of mechanical controls for faster, more positive control, and the direct-drive turntable is fully automatic. The two-way speakers have silver cabinets and grilles that match the other components.

Onkyo Compact System: TX-20 receiver, about $330; TA-2040 tape deck, about $370; CP-1010A turntable, about $145; speakers about $190 (pair). Onkyo U.S.A. Corp., 42-07 20th Ave., Long Island City, N.Y. 11105.

continued



Cristal d'Arques

People who could afford anything prefer it.

Cristal d'Arques satisfies the most demanding standards of luxury and taste. Fine lead crystal from the French town of Arques, where elegant crystal has been crafted since 1815. Tradition and innovative techniques combine to give Cristal d'Arques all the sparkle, ring and precision detailing of the world's finest crystal.

cristal d'arques FRANCE

arc

Pattern shown : Longchamp. About$ 4.50 each. Price slightly higher on the west coast.

Catalogue upon request. Write J.G. Durand, Millville, N.J. 08332

continued

GIFT GUIDE

Versatile videocassette recorder



This year's videocassette recorders are more versatile and easier to operate than previous models. This recorder, for example, adapts to each family member's viewing habits. It has a 4½-hour recording capability and features a timer for recording while the owner is away and a scanning system for rapid selection of program segments. The longer recording time lets the viewer record even the longest special programs on one tape. When the family is away, the timer will turn the recorder on and off at set times up to three days in a row. And forward and reverse scan at ten to 15 times normal speed lets the viewer find segments of recorded programs quickly. For reviewing material quickly and still catching all of the action, there's a three-times-normal speed control. Is there a fantastic touchdown pass your football fan wants to study? A freeze-frame button lets him stop the action at any point. A remote control system operates the scanning and freeze-frame functions from up to 15 feet away. Channel changing is as simple as pressing a button. The unit also has audio dubbing so you can integrate commentary, music, or sound effects with previously recorded tapes.

SL-5400 Sony Betamax Videocassette Recorder, about $1,250. Sony Consumer Products Co., a division of Sony Corporation of America, 9 West 57th St., New York, N.Y. 10019.



When you're ready to give of yourself.

This Christmas, Sentry has the people-pleaser gifts. And our people will be all-too-pleased to help you find just what your loved-ones want, at prices you can really afford. When you're ready to shop, we're ready to help.

A RIVAL® Food Slicer (1101E)
B Sunbeam® Deluxe Mixmaster with Dough Hooks (1-73)
C Mirro Popcorn Popper (M-9235-45)
D Oster® Food Grinder (99628)
E Vollrath® 3-Piece Stainless Steel Mixing Bowl Set (69300)
F Holiday Table Cover 54 x 96 inches (23198)
G THERMOS® Touch-Top™ Beverage Dispenser (2647)
H Toast-R-Oven™ (T-114)
I Taylor® Candy Thermometer (5983)



SENTRY Hardware

When you're ready to do-it-yourself.

Check the Yellow Pages under Hardware for the SENTRY store nearest you.

Merchandise shown in this advertisement is available from participating Sentry dealers only. Offer expires December 24, 1979. The 4,500 Sentry dealers own their stores. They select their merchandise and set their own prices. There may be variations in products, available quantities and prices in individual stores.

Sentry Hardware Corporation, Cleveland, Ohio 44113.

continued

GIFT GUIDE

Porcelain decoys



To a decoy collector, a Lem Ward Counterfeit is a treasured work of art. The 80-year-old Ward is today's preeminent decoy maker, with 60 years of experience in his craft. Now Royal Doulton is offering faithful reproductions of Ward's lifelike decoys in fine porcelain. The reproductions available are a mallard drake and hen and a pintailed drake and hen. They're the first in a series.

Genuine Lem Ward Wildfowl Counterfeits, about $100 each. Doulton and Company, Inc., 400 Paterson Plank Rd., Carlstadt, N.J. 07072.

Women's golf clubs



These clubs can help a woman golfer hit longer, straighter shots. The club heads have low centers of gravity to complement a woman's swing. This feature, plus a grip that is built up under the right hand, allowing for more accurate hand placement, helps get the ball airborne easily.

Butterfly Series Clubs: woods, about $46 each; irons, about $37 each. PGA Golf, 8350 North Lehigh Ave., Morton Grove, Ill. 60053.

Gifts for anglers



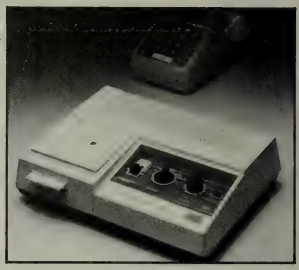
Any avid angler would welcome this innovative mini fishing tackle and/or keep-cool rain suit.

The tiny, lightweight rods and reels are popular because they let the fisherman feel more of the action of a biting or fighting fish than their conventional counterparts do. The spinning system *(front)* has a high-speed reel with left- or right-hand retrieval and a 4½-foot-long extra-light rod. Together they weigh less than seven ounces, making this the smallest and lightest spinning system on the market. The casting system *(rear)* has a tiny closed-face reel with a drag that minimizes line twist. The reel comes pre-wound with 65 yards of four-pound test monofilament line. The system also has a 4½-foot-long rod—this one comes with cushioned neoprene pistol grip.

The two-piece rain suit (pants not shown) is a boon for the fisherman because it's cooler than conventional rain gear. The suit is made of tough, lightweight fabric that "breathes" through microscopic pores, allowing perspiration vapor to escape.

Daiwa Mini Mini Spin Cast System, about $56; Daiwa Minicast System II, about $37. Daiwa Corp., 14011 Normandy, Gardena, Calif. 90249. Kooldri Rain Suit, about $70. Winter Associates, Inc., P.O. Box 70, Reinholds, Pa. 17569.

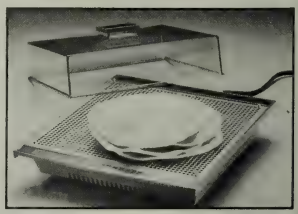
Phone answerer



Handling business and social affairs is easier with a telephone answering machine. This model will record up to 20 incoming calls, each up to 30 seconds long. The outgoing message can be up to 20 seconds long. A volume-controlled front speaker lets the user monitor incoming calls and break into a call if he or she chooses. The entire message tape plays through the speaker at the touch of a button.

Code-A-Phone, Model 1000, about $130. Ford Industries, 5001 S.E. Johnson Creek Blvd., Portland, Ore. 97222. Tel.: 800-547-4683.

Multipurpose steamer



Mexican food aficionados can keep tortillas piping hot with this appliance, but other gift recipients will find uses they like, too. The unit emits steam at a steady 250 degrees Fahrenheit, enough to heat or steam-cook rice and vegetables, poach eggs, or freshen stale bread.

The Steam Machine, about $30. Arriba Inc., 2565 Middlefield Rd., Redwood City, Calif. 94063.

continued

THE DRAMA OF COOKING.



If you're interested in owning a
nvection oven and you are willing to
ttle for a five-sided box with a glass
or, then there are better buys than our
isinart® Air Surge Oven.

But if you want more than that,
en our oven is for you. With a Cuisinart
Surge Oven you look right through a
ss "bubble," and see the roast
uttering, sizzling and browning, the
rkshire pudding rising to perfection.

Our oven is more than just an
closure to put food in raw and remove
ooked. It places your cooking squarely
the center of the stage.

DRAMATICALLY DIFFERENT IN PERFORMANCE.

Our Air Surge oven works like the
ofessional convection ovens bakeries
d restaurants have used for more than three decades. (It is not a microwave oven and contains no microwaves.)

The Cuisinart Air Surge Oven uses the same kind of heating element as a conventional oven. However, with our oven, a blower forces air through this element, producing a hot temperature-controlled wind. This blows continuously throughout the oven. Beef, large roasts or individual filets, cook brown on all sides and pink in the center.

Foods cook using less energy, often faster and at lower temperature settings, and food does not get baked into the walls. More food can be cooked in less space. You can cook a fruit pie on top, a roast in the middle and scampi on the bottom with no transference of flavor.

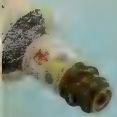
DRAMATICALLY MORE CONVENIENT.

The Cuisinart Air Surge Oven is a perfect extra oven. It plugs into any ordinary 110v outlet and weighs less than 15 lbs. The oven is portable—place it on a counter or mount it on a wall. The two glass halves that make up the transparent bubble go right into your dishwasher, and the power unit folds up to 11¼" x 7¼" x 4¼"

FOR MORE INFORMATION

Write Cuisinarts, Inc., 411 West Putnam Ave., Greenwich, Conn. 06830 and we will be pleased to explain the principles and advantages of the Cuisinart Air Surge method of cooking. We'll send you recipes, too.

Cuisinart®
Air Surge Oven



From casual cooking to gourmet delights add Angostura.



ROAST CHICKEN

And put new life in your foods!



LOBSTER FONDUE

Angostura works wonders in the kitchen! People won't know why the food tastes so good—only that it does. Its secret blend of rare herbs and spices brings out the best in chicken, burgers, steaks, ham, soups and salads as well as gourmet dishes—everything from Rock Lobster Tails to Boeuf Bourguignon.





For a host of delicious Angostura recipes, send for the FREE handy booklet. Mail 25¢ for postage and handling to Angostura, Dept. 2C, 1201 Corbin St., Elizabeth, N.J. 07201

ANGOSTURA®
AROMATIC BITTERS
the Flavor Enhancer

continued

GIFT GUIDE

Auto-focus movie camera



One of the trickiest skills of home movie shooting—keeping the camera in focus—has been automated in this camera. The user simply points the camera and shoots. The camera continually adjusts the exposure and the focusing so that the movies are bright and sharp. And the camera records the sound of the event right along with the action. A push-button zoom control on the lens lets the viewer move the shot in for dramatic close-ups or back for panoramas. What if you aren't satisfied with a movie you shoot? The manufacturer includes coupons for free replacement film and processing. Other coupons included are for free transferral of movies to video cassette tapes; you pay only for the tape or send your own tape.

Soundstar AF Super 8 Movie Camera, about $640. Bell & Howell, Dept. 7806B, 7100 McCormick Rd., Chicago, Ill. 60645.

Fine ceramic art reproduction



This vase is the first in a series of fine reproductions of antique ceramic art objects in the collection of the Smithsonian Institution. The 11-inch-tall vase is a copy of a hand-made porcelain vase from the Meissen Manufactory of Saxony, *circa* 1725. The vase is decorated with a reproduction of a hand-painted, stylized oriental flower motif in a brilliant range of colors. A 24-karat gold band trims the vase.

Lenox Saxony Vase, about $100. Lenox China, Inc., Old Princeton Pike, Lawrenceville, N.J. 08648.

continued

Fun and games from Selchow & Righter

(The Scrabble® People)
TRADEMARK

Say "SCRABBLE®" and most people nod in recognition.

But say "Selchow & Righter" to the same people and the best you get is a blank stare.

Which is all right with us. Better that you know our SCRABBLE® trademark than the name of the company behind it. But it recently struck us that maybe this isn't being quite fair with you. If you enjoy SCRABBLE® brand word games, perhaps you'd like to know what else the "Scrabble® people" might do to bring a little more fun into your life.

The fact is, Selchow & Righter makes dozens and dozens of other fine games, some of which you see here. This includes the classic PARCHEESI® Royal Game of India, which is on almost everyone's all-time-favorite list.

We think the more you know about us, the easier it will be for you to pick a good game when the time comes.

Because we've been around for over 110 years and you don't last that long without being pretty good at what you do.

Selchow & Righter

Another name for fun and games

SCRABBLE® brand word games and PARCHEESI® Royal Game of India are registered trademarks of Selchow & Righter Company.

continued

GIFT GUIDE

Lightweight bike



What makes this ten-speed bike exceptionally easy to handle and to pedal is its light weight—only 30 pounds. The bicycle has a torch-braced lug frame, alloy crankshaft, light steel rims, quick-release front wheel, center pull brakes with dual-position levers, and a suede-like saddle. There are three frame sizes for men and two for women.

Schwinn X-tra Lite Le Tour IV, about $180. The Schwinn Bicycle Co., 1856 N. Kostner Ave., Chicago, Ill. 60639.

Super skates



These unisex roller skates are lighter than conventional skates for more maneuverability and less rider fatigue. The rider can replace the standard indoor/outdoor tires in seconds with special rink tires using the included wrench (*foreground*). Notice the triangular parts connected by a bar above the tires? These parts comprise an innovative chassis that lets the rider adjust the steering tension for his or her style of skating; the chassis also absorbs shocks for a smooth ride on most surfaces.

Sunrunners Skates, from about $30 to $55. Mattel Athletics Group, 5150 Rosecrans Ave., Hawthorne, Calif. 90250.

Clubs for him



The feel, balance, and ball-hitting sound of these Ben Hogan-designed golf clubs might be what a certain golfer needs to keep his shots in the center of the fairway. Shown here are only five of the nine irons offered. You can choose clubs for a right- or left-hander and with a variety of standard and lightweight shafts.

Apex II Irons, about $394 for a set of nine. AMF Ben Hogan Co., 2912 W. Pafford St., Fort Worth, Tex. 76110.



All-terrain skis

A skier who likes to try well-traveled paths, virgin slopes, bumpy trails, and any other terrain will appreciate these adaptable skis. They're particularly effective in moguls and powder. The skis' construction incorporates a new material that absorbs impact more favorably than conventional materials do. And the skis look sharp, too; they're dark blue with green and tan detailing.

Head AT-70 All-terrain Skis, about $210. AMF Head Division, 4801 N. 63rd St., Boulder, Colo. 80301.

continued



When Tender Vittles® says "Fresh" to your cat, he's bound to listen.

Every time you open a pouch of Tender Vittles catfood, your cat is going to get a fresh meal. A meal that's moist, tender and delicious.

You see, every Tender Vittles meal comes sealed in a foil pouch to help keep each tasty morsel moist and fresh.

And if you're concerned about nutrition, Tender Vittles is good for your cat too. Because each meal has 100% complete and balanced nutrition.

So the next time it's mealtime, say "Fresh" to your cat in any one of eight Tender Vittles flavors.

It's what he's been waiting to hear.

20¢ off on 2 boxes of Tender Vittles® cat food.

To The Consumer: Caution: Please don't embarrass your Retailer by asking him to redeem coupons without making the required purchase. He may not redeem coupons properly to get his money back. Remember, coupons are good only on the brands called for. Any other use constitutes fraud. Please don't redeem coupons that have expired.

To Retailer: For payment of face value, plus 5¢ handling, send to Ralston Purina Company, P.O. Box PLS, Bellevue, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearinghouse approved by us and acting for and at the risk of the retailer. Redeem and submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the merchandising program represented by coupons presented for redemption. This coupon is nontransferable, nonassignable, nonreproducible and any sales tax must be paid by customer. Offer good only in U.S.A. Void in P.O. and wherever prohibited, taxed or otherwise restricted. Cash redemption value 1/20¢.

If Coupon expires December 31, 1980. LIMIT ONE COUPON PER PURCHASE OF TENDER VITTLES 2 BOXES. ANY SIZE. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.



RPC 1674

20¢ STORE COUPON

174B 174B 20¢



The Wakefield Weekend

Ah, the weekend: Good times, good friends, and good food. Like sweet, tender Wakefield Alaska Snow Crabmeat. Thaw a box or two, then create Mushrooms Florentine. Crab in Patty Shells. Or a delicious Crab Ball Hors d'oeuvre. (Like any good weekend, there's very little work involved.) Look for Wakefield in your grocer's freezer. And treat your guests to a Wakefield weekend.



CRAB BALL HORS D'OEUVRE

1 pkg. (6 oz.) Wakefield Snow Crabmeat
1 pkg. (8 oz.) cream cheese, softened
2 t. chopped chives
¼ t. garlic powder
¼ t. salt
½ c. chopped pecans

Thaw and drain crabmeat. Blend softened cream cheese, chives, garlic powder and salt. Fold in crabmeat. Shape into a ball (or log). Roll in pecans. Serve with crackers or fresh vegetables.

For more delicious weekends, send 50¢ to Pacific Pearl, Dept. BH-300, C-10220, 1450 114th Ave S.E., Bellevue, WA 98004

PACIFIC PEARL SEAFOODS, AN Amfac COMPANY

continued

GIFT GUIDE

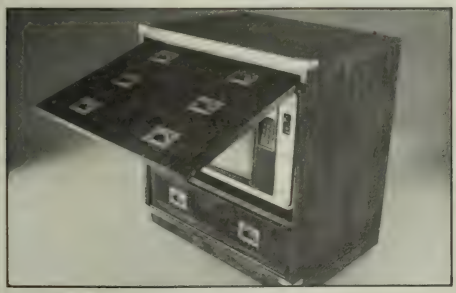
Striking salad set



This distinctive salad set is crafted from an unusual combination of fine materials. The tray is scratch-resistant 1810-grade stainless steel; the cruets and salt and pepper set are 1810 stainless steel and lead crystal; the bowl is natural-finished ash; and the black serving pieces are Makrolon, a nylon-like material.

Alessi Salad Set, about $150. Maurice Duchin Creations, 230 Fifth Ave., New York, N.Y. 10001.

TV hideaway



Anyone who thinks a television set is an eyesore in a room's decor will welcome this handsome cabinet. The tambour lift-up door simulates three drawer fronts that match a real lower drawer. The burl veneer and pecan cabinet can conceal a 19-inch television set or a smaller portable set.

Model 2510-44 TV Cabinet from the Insignia Collection, about $640. Hickory Manufacturing Co., P.O. Box 998, Hickory, N.C. 28601.

continued

IMPORTED AND BOTTLED BY PARK AVENUE IMPORTS, N.Y.C. 52 PROOF



Vandermint and Cream.

What a delicious idea! Mix 1½ oz. of Vandermint with 1½ oz. of light cream or half-and-half. Pour over rocks. Sit back and enjoy a real Dutch treat. Making it with Vandermint makes the difference.

VANDERMINT. THE MINTED CHOCOLATE LIQUEUR IMPORTED FROM HOLLAND.

Free Vandermint Booklet of Drink and Food Recipes: Vandermint Recipes, Box 1645, Dept. BH2, FDR Sta., N.Y., N.Y. 10022

continued

GIFT GUIDE

Snow-throwing duo



While you're dreaming of a white Christmas, someone else in the household may be dreading the job of blowing the white stuff off the walks and drives. One of these two new snow throwers can make short work of the seasonal chore.

The low-cost electric shovel *(foreground)* weighs only 12 pounds, so it handles as easily as a conventional snow shovel. The device can clear up to a four-inch snowfall in one pass. As you push the shovel over the drive or walk, it sucks the snow into an angled shoe and tosses it out a forward hood.

The 45-pound push-type snow thrower *(rear)* has a two-horsepower, two-cycle gasoline engine that provides plenty of power for clearing a 20-inch swath. The operator has easy access to the recoil starter mounted on the housing and to the automatic shut-off switch on the upper handle. The five-inch-wide discharge chute can be aimed easily during operation with a push-pull control located on the handlebar.

Model 38310 Power Shovel, about $90. The Toro Co., One Appletree Sq., 8009 34th Ave., S., Minneapolis, Minn. 55420. Model 8195 Craftsman Snow Thrower, about $250. Sears Roebuck, and Co., Sears Tower, Chicago, Ill. 60684.

Updated tole lamp



The popular painted-tin tole lamps of the 18th century have been updated. This modern version (available in table and floor models) is offered in brass or bronze with brown parchment or stretched muslin shades.

John Mascheroni Designed Lamps, from $120 to $160. George Kovacs Lighting, 831 Madison Ave., New York, N.Y. 10021.

Nifty knife



This folding knife surpasses most others in workmanship and uniqueness. What sets it apart is the lock mechanism. You press a button behind the blade, then twist the button until the blade locks in place with a resounding click. The six-inch knife is made of high-carbon hardened stainless steel and the handle has hardwood inlays.

Paul Knife, about $70. Gerber Legendary Blades, P.O. Box 23088, Portland, Oregon 97223.

Cookware a la chef



Does the cook on your gift list use classic cooking methods or today's quick, fat-free cooking techniques? One of these two cookware lines will suit the chef's style to a T. The classic line, represented by the small stockpot and saucepan at the rear, features professional-weight aluminum construction with charcoal gray anodized interior and exterior surfaces. Anodizing is an electrochemical process that makes the metal resistant to staining and scratching. The contemporary line, represented by the sauté pan and small skillet in the foreground, features brushed aluminum exteriors and non-stick Silverstone interiors that don't require much or any cooking oil. Polished aluminum covers and durable steel handles make most pieces in both lines ovenproof. Both lines are offered in nine-piece sets and individual pieces, including two large stockpots.

Classic Chefware: nine-piece set, about $131 (includes: 25-centimeter frypan with cover, two-liter saucepan with cover, five-liter saucepot with cover, 20-centimeter sauté pan, and one-liter saucepan with cover). Creative Cookware: nine-piece set (same pieces as Classic set), about $109. Other sizes also are available. Mirro Corp., Dept. B, P.O. Box 409, Manitowoc, Wis. 54220. BHG

We changed what an oven does by changing how it does it.

The Farberware Convection Oven. A cooler, cleaner, faster and more economical way to cook.



Farberware's convection oven is a whole new concept in ovens. An electric counter-top oven that's compact and portable, but with big-oven capacity. (It can roast up to an 18 lb. turkey.) An oven that cooks fast, yet safely and economically. An oven that will give you better results, and take less time, effort and work. But before we could come up with an oven that could do all these things, we had to find an entirely different principle for an oven to work on.

Our secret: circulating air.

In Farberware's convection oven, the cooking air is kept in constant circulation, moving around all sides of the food. Your food cooks on all sides at the same temperature. So you never have to turn anything, whether you're broiling, roasting or baking.

Cook without heating up your kitchen.

Since the cooking air is kept in constant motion inside the oven, it can't escape to heat up your kitchen. You can bake, broil or roast on the hottest days without baking, broiling or roasting. Convection roasting also saves you 1/3 of the time it takes to roast in a regular oven. You can do frozen meat in the time a regular oven will do thawed meat. You'll be able to save power, too. Our convection oven uses less energy than a conventional range oven. And it runs on standard current, without special wiring.

An oven that's easier to clean.

The inside walls of our oven are treated to vaporize food splatters while the oven is working. A removable filter traps solids and fats. The drip tray and glass door come off and pop right into the dishwasher.

A lot of oven for a little money.

The Farberware convection oven sells for a lot less than other ovens that don't do nearly as much, nearly as well. It's the ideal second oven, and could become the oven you use all the time. Everything you roast, bake or broil will come out of this oven looking like it came out of a magazine. In less time, with less work, and for less money. The Farberware Convection Turbo-Oven.® It's what every oven should have been all along.

FARBERWARE®
Subsidiary of Walter Kidde & Company, Inc.
KIDDE If it's worth doing, it's worth doing right.

Farberware, 1500 Bassett Ave., Bronx, N.Y. 10461

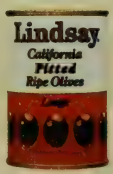
(U.S. Pat. No. 3,828



The Oliver Twist from Lindsay!

(It beats the Dickens out of ordinary sandwiches.)

Great Expectations! Feed a family of four with fun and frivolity. It's easy! Just slice, hollow and butter a loaf of round bread. Then pile on slices of ham, salami, cheese and anything else your family loves in a sandwich. Add pimiento pieces, lettuce and fresh onion rings. Now sprinkle a generous handful of Lindsay Ripe Pitted Black Olives between the layers. They add a special nutlike mellow flavor—plus added color and excitement. That's the Oliver.



Now the Twist: Press your sandwich to blend the ingredients together. Slice, serve and enjoy! That's the Oliver Twist from Lindsay®— a Dickens of a great sandwich!

An olive is just an olive...unless it's a Lindsay.

Thematics® Stand-Out Insert™ is a trademark of Synergistic Marketing, Inc., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2253

Marshmallow Treats and More from Kellogg's and Kraft.

Holiday time is a great time to enjoy the chewy, crunchy taste of Marshmallow Treats made with delicious Kellogg's® Rice Krispies® cereal and fluffy Kraft Marshmallows.



For extra holiday fun, press the warm marshmallow-cereal mixture into buttered pans to a depth of about ½ inch. When cool, cut into stars, Christmas trees—any shape at all. Finish with frosting and decorations.

Or use toothpicks to join Kraft regular and miniature marshmallows to build elves and snowmen.

Send for our free recipe booklet with year-round fun ideas. Details are on specially marked packages of both products. Here are two 10¢ coupons to get you started.



RICE KRISPIES MARSHMALLOW TREATS

¼ cup margarine
1 package (10 oz., about 40) KRAFT Marshmallows or 4 cups KRAFT Miniature Marshmallows
5 cups KELLOGG'S RICE KRISPIES cereal

Melt margarine in large saucepan over low heat. Add marshmallows and stir until melted and well blended. Remove from heat. Add Rice Krispies cereal. Stir until well coated. Press mixture evenly into greased 13 x 9 x 2-inch pan. Cool completely.
Yield: 24 squares, 2 x 2 inches

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"Philly" Bells & RyKrisp chime in for a holiday ring-a-ding.



Ring-a-ding-ding for flavor!



This holiday season, entertain your guests with this crispy, creamy creati Snappy, savory RyKrisp® snack crackers, and this smooth, tempting ch spread made with Philadelphia Brand cream cheese and spreadable Crac Barrel cold pack cheese food.

- 8-oz. pkg. Cracker Barrel sharp cheddar flavor cold pack cheese food
- 8-oz. pkg. Philadelphia Brand cream cheese
- Parkay margarine
- 2 tsp. each chopped onion, chopped green pepper and chopped pimiento
- 1 tsp. Worcestershire sauce
- ½ tsp. lemon juice

Combine cold pack cheese food, softened cream cheese and 2 tablespoo margarine; mix until well blended. Add remaining ingredients; mix well. M into bell shapes, using two cold pack containers coated with margarine or li with plastic wrap. Chill until firm. Unmold and garnish with pimiento strips desired. Spread over Natural or Seasoned RyKrisp crackers.
Yield: 2 bells.

America spells cheese KRAFT. KRAFT

© 1979 Kraft, Inc.

RyKrisp, the "Go-With" cracker

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Take a Mrs. Goodcookie® break.™





What could make the holidays merrier, or easier than fresh, homebaked cookies by Mrs. Goodcookie. They're frozen and ready for the oven. Just bake them. In minutes you've got 36 irresistible holiday treats.

And this 25¢ coupon makes even the price delicious. 5 varieties. Natural flavored Chocolate Chip, Peanut Butter, Oatmeal Raisin, Chocolate Fudge and Sugar cookies. IN YOUR GROCER'S FREEZER.

Put something different under the tree.



A different way to serve potatoes.

And a terrific treat for your holiday guests. Whether they're wrapped in bacon, dipped into dip, or sprinkled with cheese. (Of course some people love Tater Tots® brand potatoes just as they are.)

© 1979 Ore-Ida Foods, Inc. Tater Tots is a registered trademark of Ore-Ida Foods.

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Ever wonder what Oscar Mayer has in store for you?



Party Starters!

They're easy, exciting hors d'oeuvre ideas for your holidays. Like bologna wrapped around bite-size cheese, fruits or vegetables. Cold cuts spread with softened cream cheese and rolled into pinwheels. Round stacks of meat cut into party triangles. Ribbon cube appetizers made with thin sliced bread. Or, salami folded into fans. *These recipe ideas and more can be yours, FREE by writing to this address:* **Party Starters; P.O. Box 8430; Madison, WI 53708.** *See attached mail-in form.*

Allow 4-6 weeks for delivery. Offer good only in U.S.A. Void where prohibited, taxed or restricted.

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You really get the flavor of fresh-perked coffee from a jar of Taster's Choice.

100% Freeze-Dried Taster's Choice.® Regular or green label Decaffeinated. It looks, smells, and tastes like ground roast coffee. And here's a 35¢ coupon to help you enjoy it.

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FIRST IN A SERIES ON HOME OWNERSHIP

Five Myths

MYTH 1

Home prices have gone up at a faster rate than almost anything else we buy.

FACT Housing, compared to energy and other necessities, is more affordable for today's buyers than it was a generation ago. Although the dollar price of housing has gone up sharply in recent years, the cost of housing **relative to family income** is actually less than it was decades ago. Before World War II, the median price of a new house was roughly five times the median family annual income. Today, the median cost of a new house is only about three times the median family income. And unlike most other things you buy, your home is an investment that continues to grow in value.

MYTH 2

They don't build homes like they used to.

FACT Many newer homes are built better than older homes. For example, newer homes have to be more energy efficient today. They also use materials which require less maintenance and last longer. Floor plans are more open and make better use of space. Homes today include many systems and conveniences not found in older homes — air conditioning, built-in appliances, high load electrical capacity, security systems and many other features.

MYTH 3

Property taxes just keep going up, and there's nothing you can do about it.

FACT Although procedures vary, you can appeal the assessment on your home. If you have sound evidence that you're being too heavily taxed, you can get a reduction. Visit your local assessor's office. Compare the assessment with similar homes in your neighborhood. Check out local appeal procedures. The records are public, and it costs nothing to find out where you stand.

MYTH 4

You never recover the full cost of home improvements when you sell your home.

FACT Needed or desired home improvements can mean thousands of extra dollars when you sell . . . and in the meantime, they can be enjoyed while you still own the home. The old rule about keeping within the price level of your neighborhood rarely applies now. If your family wants to add a fence or a patio or a family room, go ahead. Painting, outside or inside, new plantings, re-carpeting and other improvements can definitely add to the resale value. On a smaller scale, such simple things as putting higher wattage bulbs in light fixtures to brighten rooms can make your home more salable. Your real estate agent can give you other suggestions for improvements that will make a good impression on buyers.

MYTH 5

When you buy a house, you take it "as is".

FACT Your real estate agent can help you negotiate needed repairs and improvements with the seller as part of your purchase agreement. For added protection, in most states home warranty plans are also available. For new homes, builders offer warranties that protect against defective materials or workmanship. Warranty plans for older homes offered through real estate firms protect against repairs to major systems and appliances. Regardless of any protection you think you have, **always** carefully inspect the property before you buy.

Find Out More!

The Better Homes and Gardens™ Real Estate Service firms are locally owned and managed. They are well-known and respected in their communities and offer you many exclusive Better Homes and Gardens® services—such as a Home Protection Plan, Better Homes For All America® building program, a national Relocation network and much more.

See the Better Homes and Gardens® member when you buy or sell. If you're moving to another city, we'll be happy to provide the name of our member in your new community. Call this number, toll-free:

1-800-247-5050

(In Iowa, call toll-free: 1-800-532-1430)

GET ALL THE FACTS!

For a free copy of our new booklet, "50 Facts About Owning a Home," contact the Better Homes and Gardens™ Real Estate Service member where you live. Or write "Facts," Box 10644, Better Homes and Gardens™ Real Estate Service, Des Moines, Iowa 50336. Please enclose 35¢ to cover postage and handling.

An association of independent real estate brokers.

Our Real Estate Member

Better Homes and Gardens®

Terry cloth tips

As you think ahead to summertime sewing, be sure to include versatile terry cloth in your plans. The following information will help guide you in your purchase of this frequently used household fabric.

What terry cloth is

Terry cloth is a cotton fabric with uncut loops on one or both sides. The thickness and number of loops determine the absorbency of the fabric—the more loops, the more absorbent it is.

As terry cloth is woven, loops are formed in the weft threads. The weft threads are interlocked around the warp threads each time so that the loops remain stationary.

Because terry cloth is extra absorbent—and requires no ironing—it is especially popular for bath towels, beach towels, and sportswear.

What types are available

Velour is a terry cloth with cut loops on *one* side of the fabric. Since the cut loops resemble velvet, velour has a luxurious look and feel. The velour side is softer, but less absorbent.

Sheared terry cloth resembles velour except that it is usually woven with fewer and smaller loops. Therefore, when the loops are cut, the resulting fabric is not as absorbent.

Jacquard terry cloth is woven with a textured design. Where the loops appear on one side of the fabric, a flat woven area appears on the other. This patterning creates a sculptured effect.

How to care for terry cloth

Frequent laundering will keep your terry cloth towels and clothing in good shape. Don't overuse fabric softener.

You can drip-dry terry cloth items (and shake them when dry to fluff up the loops) or tumble-dry in a dryer. Never iron terry cloth; that flattens the loops and makes them less absorbent.

The newest pieces from the Dave Grossman Designs Collectio

"Grandpa's Little Ballerina," from the Norman Rockwell figurine collection.





"Leapfrog" from the Norman Rockwell miniature figurine collection with matching 1979 BAS Relief Plate

"The Canary" and "The Double Orioles" from the signature Bird Collection





"Day in the Life of a Boy" from the Norman Rockwell Ceramic Thimble Series

For a color catalog write to: Dave Grossman Designs, Dept. BH, P.O. Box 8482, St. Louis, MO 63132.

"See America First" and "Merrie Christmas" from the Norman Rockw



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The Snuggables™

FROM HERITAGE QUILTS



PROVINCIAL

Once you're in 'em you never want to get out

Turn that thermostat down. Curb that run-away fuel bill. But keep cozy and cuddly, all the same, with ingenious Heritage quilted products for new warmth in your home. The original SNUG SACK™ garment. The fashionable and comfortable SNUG SUIT™ quilted garment. And, new this year, the sensuous SNUG SHRUG™ bed jacket.

SNUGGABLES all. A burst of color in designer patterns. Pampering fabrics quilted and stuffed to overflowing with puffy polyester filling. Lined with luxurious velour.

Fastened with no-snag nylon zippers and sure snaps to bundle you up. Machine-washable and tumble-dryable.

We discovered how to save fuel and keep you warm too!

Available nationally at your favorite department stores and retail chains.

The People Who Keep You Warm At Home

HERITAGE QUILTS, INC.

330 Fifth Avenue, New York, N.Y. 10001

THE Snug Sack

The one-and-only original, patented, quilted body garment that defies all imitations. Warm because it's so billowy. A pattern and color for every life-style. Climb into one. Small, medium or large. Zip up the front, snap the sleeves in place, and you're snugged down for the evening.

Also available in acrylic velour from Ibena.



FRENCH PATCH

THE Snug Suit

Wear your own stylish comfort about the house. No need to shiver while you're saving energy in this quilted jump suit. Perfect for household chores and even chauffeuring the children.

Also available in two-piece styling.



BLOSSOM

HARLEQUIN

THE Snug Shrug

You'll shrug off the cold with Heritage Quilts' latest innovative product. A quilted bed jacket that's available with designer-coordinated comforter, pillow shams and bed ruffle. Read in bed or watch TV in yummy comfort.

Latest Smoker Research Just In:
MERIT undisputed victor over leading high tars
in tests comparing taste and tar level.

Smokers Prefer Merit 3 To 1!

© Philip Morris Inc. 1979

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 8 mg "tar," 0.6 mg nicotine—
100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

A new national smoker study has just been completed.

It reaffirms that low tar MERIT can match the taste of high tar cigarettes and also provide long-term satisfaction—even to former smokers of high tar brands.

New Smoker Research Tests Thousands

An extensive two-part study was conducted among smokers from across the United States.

—*Tar/Taste Tests* against leading high tar brands involving thousands of smokers.

—*National Surveys* of former high tar smokers who have switched to MERIT.

The results: stunning.

In tests where brand identity was concealed, the taste of low tar MERIT held its own against high tar brands.

Proof: A significant majority of smokers rated MERIT taste as good as—or better than—high tar leaders. Even cigarettes having twice the tar.

Proof: Of the 95% stating a preference when tar levels were revealed, 3 out of 4 smokers chose the MERIT low tar/good taste combination over leading high tar brands.

In a national survey of MERIT smokers, low tar MERIT was found to be a satisfying, long-term taste alternative to high tar smoking.

Proof: The overwhelming majority of MERIT smokers polled felt they didn't sacrifice taste in switching from their high tar brands.

Proof: 96% of MERIT smokers don't miss their former high tar brands!

Proof: 9 out of 10 enjoy smoking *as much* since switching to MERIT, are *glad* they switched, and report MERIT is the best-tasting low tar they've *ever* tried!

It's clearer than ever. In test after test, nationwide research continues to demonstrate that MERIT delivers a winning combination of taste and low tar.

A combination that seems to be attracting more and more smokers every day and—more importantly—satisfying them *long term.*



MERIT

Kings & 100's

Share some simple yummy Yuletide treats.

The magic of the holiday season calls for the magic of Eagle® Brand Sweetened Condensed Milk. Eagle Brand is a creamy smooth pre-cooked blend of milk and sugar. It's the secret to these chewy Magic Cookie Bars. Simply combine Eagle Brand with chocolate morsels, coconut, chopped nuts and graham cracker crumbs. Bake, cool, and serve. You'll find this great-tasting snack has Yuletide cheer in every bite. Makes a delightful gift, too! The easy recipe is below.





Magic Cookie Bars

(Makes 24 bars)

1/2 cup butter or margarine
1-1/2 cups graham cracker crumbs
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk
1 (6-ounce) package semi-sweet chocolate morsels
1 (3-1/2 ounce) can flaked coconut
1 cup chopped nuts

Preheat oven to 350° (325° for glass dish). In 13 x 9-inch baking pan, melt butter. Sprinkle crumbs over butter; pour sweetened condensed milk evenly over crumbs. Top evenly with remaining ingredients; press down gently. Bake 25 to 30 minutes or until lightly browned. Cool thoroughly before cutting. Store, loosely covered, at room temperature.

FOOD

Fines herbes finesse

"Fines herbes" is a French phrase meaning a blend of chopped herbs. Although fines herbes blends vary from one manufacturer to another, a common combination would include parsley, chervil, chives, and tarragon. Try using fines herbes in this delicious batter bread as well as in omelets, salad dressings and sauces, on cooked vegetables, and in seasoned butters.



Photograph: Dieter

HERB BATTER BREAD

3 cups all-purpose flour
1 package active dry yeast
1 teaspoon dried fines herbes, crushed
1¼ cups water
2 tablespoons butter *or* margarine
1 tablespoon sugar
1 teaspoon salt

Combine *1½ cups* of the flour, the yeast, and fines herbes. Heat together the water, butter or margarine, sugar, and salt just till warm (115° to 120°), stirring till butter almost melts. Add to yeast mixture. Beat at low speed of electric mixer for ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. Stir in remaining flour. Cover; let rise till double. Stir down dough. Spread evenly in greased 9x5x3-inch loaf pan. Cover; let rise till double. Bake in a 375° oven for 35 to 40 minutes. Remove from pan; cool on wire rack. Makes 1 loaf.

Lipton Lessons #2 thru #5:

Souped up dips.



#2 Guacamole Dip.

1 cup Lipton California Dip (see Lesson #3 below)
1 medium avocado, mashed
1 medium tomato, chopped
¼ cup chopped green pepper
1 teaspoon lemon juice
¼ teaspoon garlic powder

Blend all ingredients; chill.



#3 Lipton California Dip.

In a small bowl, blend 1 envelope Lipton Onion Soup Mix with 2 cups (16 oz.) sour cream; chill. That's California Dreaming.



#4 Calif. Horseradish 'n Bacon Dip.

Add 6 slices bacon, crisp-cooked and crumbled, and 3 teaspoons horseradish, to 2 cups California Dip. A zippy dip.



#5 Skinny Dip.

Substitute 2 cups (16 oz.) plain yogurt for sour cream in California Dip. A thin win.



Pick up another Box for Lesson #6.

Lipton's Onion, Onion-Mushroom, Beefy Onion and Beef Flavor Mushroom.

For a 128-page cookbook full of delicious Souped Up Recipes, send a check or money order for $1.50 to: Souped Up Recipes from Lipton Cookbook, P.O. Box 8191G, Clinton, Iowa 52736. Include your return address and ask for a special microwave instruction supplement, if desired.
Hurry, offer expires when supplies are depleted. Offer good in USA, its territories, and Puerto Rico. Void where prohibited, taxed or restricted. U.S. Military Overseas please include APO Number. Please allow 6-8 weeks for delivery. An offer of Thomas J. Lipton, Inc., 800 Sylvan Avenue, Englewood Cliffs, New Jersey 07632.

Symbol of the quality gift.

Give the holiday gift everybody wants—Seagram's 7 Crown. Only Seagram's 7 has the unmatched quality that makes everyone's favorite drinks taste better. No wonder it's America's most given gift. And remember to enjoy our quality in moderation.

Seagram's 7 Crown
Where quality drinks begin.



GIFT-PACKAGED AT NO EXTRA COST. SEAGRAM DISTILLERS COMPANY, N.Y.C. AMERICAN WHISKEY—A BLEND. 80 PROOF.

CHRISTMAS
IS FOR CHILDREN OF ALL AGES

By Nancy Lindemeyer, Deborah Dugan, and Joan Cravens

In this, the International Year of the Child, it's only fitting that we focus on the special "child" in each of us. For it's this precious childlike quality that comes shining through during this happiest of holidays. No matter how old we are, Christmas lets us feel young again—as we renew friendships, bask in the special moments of sharing, spread the joys of giving. To help you celebrate, we've filled this issue with exciting projects for youngsters and adults alike. After all, Christmas is for children . . . of all ages!



Photograph: Jim Hedrich, Hedrich-Blessing

CHRISTMAS
FOR CHILDREN OF ALL AGES

WARM AND WOOLLY KNITS FOR HOLIDAY FUN



To keep the family snug on your next outdoor adventure, stitch up a set of multicolored knits like these. Making these accessories is also an easy way to experiment with a variety of knitting patterns. The mittens, proudly displayed on our snowman *(left),* make welcome gifts for the entire clan—from Grandpa to baby. The mufflers have fancy fringe and lots of spunk, while the festive over-the-knee socks circle the legs with pattern and color. Remember the zany stocking caps of yesterday? Here they are, updated, so everyone can enjoy the long tails and tassel ends. Our cozy sweater *(right)* is sized for all ages. And for needlepoint fans, we've captured the likeness of our dapper snowman on a cheery stocking *(below).*

Index of Instructions begins on page 164.

To order a stocking kit, see page 181.

Designer credits, page 181
Buying Guide, page 181

Photographs: Jim Hedrich, Hedrich-Blessing









CHRISTMAS IS FOR CHILDREN OF ALL AGES

WARM AND WOOLLY KNITS

Whistling along in a bright red sleigh, with Grandpa at the reins, is the nicest way to view the beauties of snowy mountain trails. And to keep this family of carolers snug and warm, we've fitted everyone out with toasty knits. From mittens to mufflers, they're a great introduction to multicolored knitting. Each project is based on one of two basic patterns: a vivid red, green, and white combination, and a rich mix of yellow and orange. For each knitting project—whether cap, sweater, or stockings—you use a sprinkling of motifs from these basic patterns. Master them, and making an entire set is a snap. These knits are also easy to care for because they're made with acrylic yarns.
How-to begins on page 166.









Designer credits, page 181
Buying Guide, page 181

Photographs: Jim Hedrich, Hedrich-Blessing


CHRISTMAS
IS FOR CHILDREN OF ALL AGES
Meowy Christmas!

MEOW-Y CHRISTMAS KITTENS FOR EVERYONE

If cats are your cup of tea, you'll welcome this collection of projects to brighten your home and captivate fellow feline fanciers. Each of the ten cats is embroidered in outline stitch on muslin fabric. Make a cabpodle of kitties to spice up your tree or trim a tree skirt. Make them one size larger and they're purrfect for quilt squares and shaped pillows. Bigger yet, and they can be stuffed for toys. **For how-to, see our Index of Instructions, page 164.**



Designer credits, page 181
Buying Guide, page 181

CHRISTMAS IS FOR CHILDREN OF ALL AGES

LET A CHILD LEND A HAND



Christmas decorations take on a delightful new look when you call a child's imagination into play. So gather together a handful of energetic kids for a pre-holiday work party. Provide lots of crayons and paper, then stand back and watch the creative sparks fly! Once the artists put down their pencils, add your talents to the mix. We translated kids' drawings into tree trims and/or hand puppets *(opposite, bottom left)*.

Children love to draw their friends, and with appliqués and embroidery *(clockwise, from top)* you can stitch their works of art into soft dolls.

Let the kids pitch in on wrappings, too. Tiny hands dipped in paints make standout designs when applied to butcher wrap.

Or take a kid's drawings of the local scenes—houses, cars, theaters, storefronts—and let an older brother paint them onto wood blocks for a one-of-a-kind mini town.

Drawings also make appliquéd "story" pillows that any grandmother would treasure.

The traditional crèche takes on new meaning when seen through a child's eyes *(below)*. Here a naive nativity drawing was turned into stuffed figures.

Index of Instructions, page 164.
Designer credits, page 181
Buying Guide, page 181



Photographs: Hopkins



A SPORTY KIDDIE CAR FOR FUN ALL YEAR



CHRISTMAS
IS FOR CHILDREN OF ALL AGES



Photographs Dieter

Jolly old Santa knows that the next best thing to a sleigh that flies is a sporty kiddie car with a roll-back top. So he's wheeling out this nifty little number for all junior car buffs to enjoy. It's built of sturdy plywood and mounted on metal casters so it can move easily over carpet or concrete for fun indoors and out. The lift-open trunk has lots of space for presents just waiting to be delivered. And when spring rolls around, the driver can roll back the quilted fabric top and soak up the sunshine. The jaunty driving cap can be stitched in a jiffy.

For all how-to, see our Index of Instructions, page 164.
Designer credits, page 181. Buying Guide, page 181

To order Project Plan 50389 for our car, see page 181.

A HOUSEFUL OF TREASURES FOR PLAY AND DISPLAY



What can you do with a run-of-the-mill unfinished cabinet? Turn it into a wondrous dollhouse, and more! Just cut away the windows and door, add a roof, and paint. Voilà! Now you have a dream house for your little ones or a unique decorative cupboard for your best collectibles. It's a do-it-yourself project that grows right along with your family!

As a dollhouse, the cabinet can be filled with diminutive "people" and furniture. All three dolls *(opposite)* are made from one basic pattern. And don't think many a grown-up wouldn't love to find a doll beneath the tree!

The furniture includes a sofa, chairs, table, and fireplace cut from foam and covered with fabric. And the plump chair *(opposite, top)* makes a very special "big people" gift when used as a catchall pincushion. **For how-to, see our Index of Instructions, page 164.**



CHRISTMAS

IS FOR CHILDREN OF ALL AGES





Designer credits, page 181
Buying Guide, page 181
Photograph: Dieter

A SUPERSOFT

AIRPLANE

TO STITCH AND STUFF



CHRISTMAS
IS FOR CHILDREN OF ALL AGES



Photographs: Dieter

Santa may have a reindeer-powered sleigh, but this little aviatrix has a better way to soar through the skies. Her supersize, supersoft plane, based on the classic "Bristol Bullet," measures a full three feet in length with a 50-inch wingspan. And kids aren't the only ones who'll appreciate the plane's wonders. Many a papa would be proud to display this top-notch flying machine in his office or den. So why not stitch up a soft squadron of aircraft for the flying aces on your holiday list? Mandatory flight gear includes this bright fabric flying helmet, a quick-sew project to make. **For patterns and sewing how-to, see our Index of Instructions, page 164.**

Designer credits, page 181
Buying Guide, page 181

To order a full-size airplane pattern, see page 181.

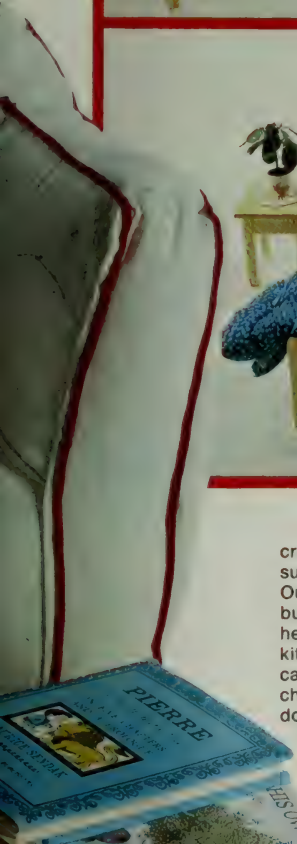
FANCIFUL ANIMALS FOR FAVORITE PEOPLE



CHRISTMAS

IS FOR CHILDREN OF ALL AGES





Turn thrifty felt and fabric scraps into a gang of crazy critters for holiday gift giving. You can be sure that adults will treasure them as much as kids! Our Christmas menagerie includes a highbrow bunny *(left)* who "sits" a whopping 14 inches from head to toe and *(clockwise from left, top)* a dainty kitty and her piggy beau, a pair of not-so-skilled card sharks, a genteel cowdog complete with chaps and half-gallon white hat, and a sleepy-time dog settling down for a winter snooze.

The bunny's sofa, lovebirds' love seat, gamblers' lamp, and pine bed set are also projects you can make. **For Index of Instructions, see page 164.**

Designer credits, page 181
Buying Guide, page 184
Photographs: Hopkins


CHRISTMAS
IS FOR CHILDREN OF ALL AGES
THE BEAUTY OF
LACE
PAST AND PRESENT
Designer credits, page 181
BETTER HOMES AND GARDENS, DECEMBER, 1979



Christmas is a link with the past, and what could be richer in tradition than lace—the kind that once trimmed ruffled shirtfronts and petticoats? This year, decorate your house and gift your family and friends with lace treasures. You'll find laces galore in fabric stores, or search out prized pieces in Grandma's attic, antique shops, or flea markets.

And to make your creations even more special, you can tint them in a spectrum of soft shades. Coloring lace is a quick-as-a-wink process. Just dip the laces, trims, and crocheted snowflakes (like the ones on our tree) in a dyebath. Simple formulas for these muted hues are in our how-to section, plus instructions for all tree trims—such as the fuzzy-muzzies, snowflakes, and flower baskets—and the heart-shaped pillow (*below right*). For more, turn the page.

Index of Instructions, page 164
Buying Guide, page 181

THE BEAUTY OF LACE



Photographs: Dieter

Beautiful lace is timeless, and so is this dainty pair of dolls *(above)* that are sure to enchant any young girl on Christmas morning. These chestnut- and flaxen-haired ladies are decked out in delicate frills, like those used to adorn women's cuffs, collars, and aprons for generations. But don't stop with making the dresses! Give your home an heirloom touch by adding tinted doilies to pillow fronts.

To dress up your table this holiday, create a centerpiece of specially colored crocheted baskets *(right)* filled with dyed lace flowers sprinkled among fresh-cut carnations. You can also give straw baskets a new sparkle by brushing on dyes as we did with our filled-to-the-brim gift basket. It makes a perfect complement to the richly tinted table linens. The French-inspired tuzzy-muzzies—dried flower nosegays—brighten the gift baskets and also the boughs of the Christmas tree. The elegant door wreath is made from a store-bought doily that was dipped in dye and attached to a lightly stuffed base. For wondrous windows, frame each pane with an airy paper-doily place mat. **For Index of Instructions, turn to page 164.**
Designer credits, page 181
Buying Guide, page 181





Holiday Traditions

That Start In Your Kitchen

By Rosemary C. Hutchinson

The first days of December bring with them all the traditional holiday activities. And undoubtedly, the good food of Christmas accounts for some of the most eagerly anticipated pleasures—such as baking the annual fruitcake and carving the holiday bird. Christmas and food just naturally go together.

On these pages we've pulled together a potpourri of holiday treats to enlarge your list of favorite food traditions. You'll find a family Christmas dinner that features a rather unconventional roast turkey; some new recipes for today's open house get-togethers; and ideas for a holiday baking exchange and a kid's cookin that turn the holiday baking and cooking chores into a party. We predict you'll find these ideas and recipes so tempting that you'll want to use them year after year.

Serve a Skip-the-Bones Turkey Dinner

For a holiday turkey dinner with an untraditional twist, Lineta and Bill Pritchard of Myrtle Beach, South Carolina, have a suggestion: Bone a whole turkey (except for the legs and wings), fill it with a terrific country ham and spinach stuffing, and then roast the bird. You can round out the meal with an irresistible assortment of side dishes and several luscious desserts.

Lineta says they got the idea of boning a turkey after Bill took a cooking course and learned how to bone a whole chicken. "We figured if he could handle that, he could bone the holiday turkey, too," Lineta explains.

But Lineta admits she had some reservations about his taking on the bigger job. "The first time Bill boned a turkey," she continues, "I sent him to the butcher shop to do it, hoping to keep my kitchen clean and also hoping the butcher could lend a hand, if needed. An hour later, Bill called and announced the 'operation' was a success. When he brought the bird home, we laughed because it was so flat and shapeless. But once the bird was stuffed and roasted, it stood up proudly, and Bill was able to slice it easily. Not only that, it tasted out of this world!"

According to Bill, removing the bones from a turkey is easy to learn and takes the hassle out of carving the bird. To see how easily you can do it, just turn the page.



Headlining the Pritchard feast is **Skip-the-Bones Christmas Turkey** filled with **Ham-Spinach Stuffing** *(back right)*. In addition, Bill and Lineta usually serve **Mom's Sweet Potatoes with Marshmallows** *(front left)*; **Green Beans with Parsley Butter** *(front center)*, a fresh-tasting side dish that features Italian parsley; **Speedy Pickled Peaches** *(front right)*, an easy relish that starts with canned peaches; **Creamed Onions** *(back left)*, accented with peanuts; and **Squash-Carrot Casserole** *(back center)*, with sour cream and stuffing mix.

Recipes begin on page 132.



Photographs: Hedrich-Blessing



Serve a Skip-the-Bones Turkey Dinner

To provide a fitting finale to Bill's boned turkey, Lineta prepares a trio of eye-catching Christmas desserts. **Orange-Chocolate Cake** *(front left)* is a rich chiffon cake topped with **Golden Butter Frosting.** Old-fashioned **Custard Meringue Pie** *(back)* features a creamy homemade custard base with an airy meringue topper. **Layered Pumpkin Pie** *(front right)* is made with layers of pumpkin filling and whipped cream. **Recipes begin on page 134.**



▲ Besides preparing the spectacular turkey for Christmas dinner, Bill also designs and builds a gingerbread house each year for Allen, eight, and Kindel, five, to enjoy.



▲ A traditional Christmas dinner is not complete without Bill's parents, Jean and Frank Pritchard of Roanoke, Virginia, as well as Bill, Lineta, Allen, and Kindel.

Step-by-Step to Boned Turkey

The process of boning a turkey is amazingly easy, and the gear is simple: a small sharp knife, kitchen shears, twine, and a trussing needle.

Start at neck cavity and remove wishbone by cutting meat away from face of bone and loosening ends of wishbone (1). Make 2 horizontal cuts to expose bones that attach wings to neck. Loosen meat from bones and break wing joints. Remove bones; leave wings intact.

Next, run your fingers down breastbone, freeing meat from bone as you go. Work your hands around rib cage and back, loosening meat and cutting cartilage, if necessary. When you reach the backbone, work your index finger down the bone to loosen meat (2).

Now, turn bird over and work from bottom of body cavity. Cut joint that connects lower back to thigh bone. Remove rib cage and backbone. You may have to break the cage into pieces to get it out (3).

Using a 36-inch piece of cotton twine, sew breast skin together; do not cut twine. Spoon stuffing into breast cavity (4). Place bird breast down. With a 60-inch piece of twine, sew neck closed. Secure top portion of bird with same unbroken twine: sew under second joint of one wing through breast and end at second joint of other wing. Knot twine. Using same twine, sew leg calves together. Sew legs and tail together with first piece of string.

For recipe, see page 132.













Stage a Christmas Open House

Whether it takes the form of an elaborate Victorian feast or an impromptu cocktail party, a buffet open house for friends and neighbors is a natural way to launch the festivities of the Christmas season.

You're sure to find just the right foods to fit the occasion on the next few pages. We've included festive libations, irresistible appetizers, and sensational sweets. What's more, most of these recipes can be made ahead and stashed away. That lets you avoid the last-minute cooking crunch and feel free to enjoy your own party.

Above: Chocolate Eggnog *(in cup at front and pitcher in back)* starts with chocolate milk and crème de cocoa. **Christmas Buttered Rum** *(center left)* features a freeze-ahead ice cream mixture. Strain **Raisin Liqueur** *(center right)* into glasses.

Right: Layered Avocado-Cheese Mold *(bottom left)* sports an avocado cream mixture on the bottom and cream and cheddar cheeses on top. **Reuben Balls** *(top left)* can be fried ahead of time and then be heated in the oven just before party time. Serve them plain or with a **Mustard Sauce.** Wine and pink champagne are mixed with orange liqueur to make **Champagne Sipper** *(top right).* **Chicken-Artichoke Mousse** *(center)* is chock-full of chicken, sour cream, artichokes, and hard-cooked egg. The sturdy onion-flavored crust makes **Beef Turnovers** *(bottom right)* ideal for eating out of hand. **Shrimp-Cottage Cheese Puffs** *(bottom center)* feature a pineapple, shrimp, and yogurt salad filling.

Recipes begin on page 137.
Buying information, page 181



Photographs: de Gennaro. Food Stylist: Mable Hoffman



Stage a Christmas Open House

Above: Let your guests choose from **Individual Orange Savarins** *(left)*, mini orange-liqueur-glazed sourdough cakes; **Pumpkin Gingerbread** *(back right)*, spicy cake squares with a pumpkin topper; and **Apricot Twists** *(front right)*, cookie spirals laced with apricot pastry filling.

Right: Small-scale entertaining can be very special when you serve two or three of these delectable appetizers. **Bacon and Tomato Spread** *(front)* has the same refreshing flavor as your favorite BLT. Refrigerated biscuit cups house a ham-cream cheese filling for **Ham-Orange Tarts** *(center left)*. **Sake Cheese Ball** *(center right)* is a blend of sake and monterey jack cheese. **Appetizer Frittata** *(back)* is a peppy pepperoni omelet that's cut in thin wedges.

Recipes begin on page 142.
Buying Information, page 181



Host a Baking Exchange

No amount of party-going or gift-giving can conjure up the Christmas spirit as magically as the aroma of holiday cakes and breads baking in the oven. But in today's fast-paced world, who has the time to spend hours in the kitchen concocting numerous batches of this and that? Follow along, and we'll show you how you can enjoy a variety of holiday treats without getting bogged down in baking. The trick is to spread out the workload by planning a Christmas baking exchange. Here's how.

Start by inviting a group of friends who like to bake. We chose a crew of four people, *right*, but the idea can easily be adapted to larger groups. Ask each guest to bake and bring four of one type of baked item (or four dozen, if the item is small such as a roll or petit four). Ask the bakers to bring copies of their recipes, too. (Part of the fun is sharing family memories and traditions, as guests tell the histories of favorite recipes.)

At the party, everyone exchanges baked goods and takes home three different cakes or breads that the others have made. The refreshments for the party couldn't be simpler; each guest donates one of her baked items for sampling. At the party's end, you and your guests will each have a variety of baked goods to carry you through the holidays. What's even better, you'll have pulled it off with a minimum of time and work and a maximum of fun.

To help get you started, we've assembled eight breads, and coffee cakes (pictured here and the following two pages) that work well for this type of party.



Right: The participants at our baking exchange have come up with inexpensive yet innovative containers for showcasing their baked goods gifts. You'll find adding ribbon, fabric, or yarn will make most any basket or box look festive.

Pictured from front to back: **Cranberry-Filbert Fruitcake** is a sophisticated blend of dates, filberts, cranberries, and walnuts. Wrap this cake in wine-soaked cheesecloth; the longer the cake ages, the better it tastes. **Date-Apricot Braid** takes on its extra rich golden color and extraordinary flavor from saffron, a spice *par excellence*. What makes **Caramel Ring** sensational is a coconut and caramel filling spiraled through a rich yeast dough. **Eggnog-Rum Petits Fours** are dainty cakes that are lightly spiced with nutmeg and frosted with a colorful pastel icing.

Recipes begin on page 152.
Buying information, page 181



Host a Baking Exchange

All the recipes for this baking exchange are proportioned for four (to use for the party) and for one (so you can bake them anytime). For easy batch baking follow these special guidelines:

- Use a large Dutch oven or dishpan for mixing the batter or dough.
- Borrow extra baking pans as needed or buy inexpensive foil baking pans, available at your supermarket.
- For even baking and browning, follow each recipe as specified. You may need to rearrange the pans in your oven partway through the baking time; or you may need to refrigerate half of the dough while the first half bakes.

Right: Any of these delicious recipes is ideal for swapping at your holiday baking exchange. *Pictured clockwise from bottom left:* **Spirited Cornmeal Coffee Cake,** a surprising cake based on cornmeal and filled with mixed dried fruits and topped with a rum glaze; **Chocolate Fruitcake,** a mixture of candied fruits, walnuts, and chocolate spiced with coffee-flavored liqueur; **Christmas Strudel,** a modern version of the old-world favorite that features either a **Mince-Fruit Filling** or a tart **Cranberry Filling;** and **Pineapple-Currant Sweet Rolls,** no-knead fruit-filled batter rolls made with cardamom and honey.

Recipes begin on page 154. Buying Information, page 181







Plan a Kids' Cookie/Candy-Making Party

To a child, Christmas just wouldn't be Christmas without a mind-boggling assortment of cookies and candies to choose from. This year, why not turn those conspicuous consumers into pint-size producers by staging a cookie/candy-making party? It might be the start of a delightful family tradition.

Of course, you'll want to pick easy recipes for your junior chefs. We've come up with some ideal candidates. All these cookies and candies are child's play to make, and they appeal to adult appetites, too. And to get the party off to a fast start, you can make some of the doughs ahead of time.

Above: What cook wouldn't be inspired by mouth-watering **Oatmeal Christmas Rounds** *(top left)*, **Butterscotch-Peanut Fudge** *(top right)*, and **Brown Sugar-Almond Bars** *(bottom)*?

Right: You can tell at a glance that making these cookies and candies is almost as much fun as eating them: **Santa Claus Cookies** (being prepared by the children and *left* on the platter), **Marshmallow Balls** *(center)*, **Cherry-Chocolate Cups** *(top right)*, and **Easy Pull-later Taffy** *(bottom right)*.

Recipes begin on page 159.
Buying information, page 181





Plan a Kids' Cookie/Candy-Making Party

Above: *Pictured counterclockwise from bottom right:* **Peppermint Bonbons,** white candies rolled in crushed peppermint; **Root Beer Popcorn Balls,** rounds of popped corn and peanuts flavored with root beer extract; **Brown Sugar Snappers,** tiny turtle-shaped cookies with a piece of candy bar tucked inside; and **Whole Wheat Gingerbread Men,** spicy molasses cutouts trimmed with frosting and dried fruit.

Right: To prepare **Marshmallow Balls**, dip one marshmallow at a time in a mixture of condensed milk and toffee bars. Then roll each coated marshmallow in rice cereal and place on waxed paper.

Recipes begin on page 162.



SPAIN

As close as the Rice and Campbell's Soup on your shelf.



Castilian Chicken

1 can (about 8 oz.) tomatoes
2 pounds chicken parts
2 tablespoons olive oil
½ cup finely chopped cooked ham
1 cup sliced onion
2 large cloves garlic, minced
¼ teaspoon pepper
1 can Campbell's Tomato Bisque Soup
¼ cup dry sherry, optional
1 large green pepper, cut in ¼-inch strips
¼ cup sliced ripe olives
3 cups hot cooked rice

Drain tomatoes, reserving juice. Cut up tomatoes. In skillet, brown chicken in oil. Add ham, onion, garlic and pepper; cook until onion is tender. Blend in soup, sherry and reserved tomato juice. Cover; cook over low heat 30 minutes. Add green pepper, tomatoes and olives. Cook uncovered 15 minutes more or until done; stir occasionally. Serve over rice. Makes 4 servings.

Valencian Beef 'n Apple (NOT SHOWN)

1 pound ground beef
½ cup chopped onion
1 large clove garlic, minced
1 can (10¾ oz.) Campbell's Tomato Soup
½ cup seedless raisins
¼ cup toasted sliced almonds
½ cup water
1 medium tart apple, coarsely chopped
1 tablespoon vinegar
⅛ teaspoon ground cinnamon
¼ teaspoon ground cumin seed
3 cups hot cooked rice

In skillet, brown beef and cook onion with garlic until tender (use shortening if necessary). Stir to crumble meat; pour off fat. Add remaining ingredients except rice. Cover; cook over low heat 25 minutes. Stir occasionally. Serve over rice. Makes about 4 cups meat mixture.



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Warning The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health

begins on page 116

Holiday traditions

SKIP-THE-BONES TURKEY

SKIP-THE-BONES CHRISTMAS TURKEY

For ease in handling, make sure your frozen turkey is completely thawed—

1 12-pound ready-to-cook turkey
1 recipe Ham-Spinach Stuffing (see recipe, page 134)
Cotton twine

Refer to how-to drawings, page 119. To bone turkey, start at neck and remove wishbone by cutting meat away from face of bone and loosening ends of wishbone. Make two horizontal cuts (one on each side of bird) to expose bones that attach wings to neck. Remove meat from bones; break joints (leave wings intact). Remove bones.

Next, work your index finger down along breastbone, freeing the meat from the bone as you go. Then work your hands around rib cage and back, loosening meat and cutting cartilage, if necessary. When you reach the backbone, work index finger down the bone, loosening meat.

Turn bird over and work from bottom end. Cut the joint that connects the lower back to the thigh bone by pulling meat away and cutting the ligament. Remove the rib cage and backbone from bird. (You may have to break the ribs to get the cage out.) If some meat comes out with bones, remove it from bones and return it to cavity. If desired, remove thigh bones.

Using a piece of twine about 36 inches long, sew breast skin together, working toward tail; do not cut twine. Spoon about 8 cups Ham-Spinach Stuffing lightly into breast cavity.

Lay turkey breast-side down. With a second piece of twine about 60 inches long sew neck closed. Secure top portion of bird with the same piece of twine by sewing under second joint of wing through breast and ending at second joint of the other wing. Tie a knot. Using the same unbroken piece of twine, sew calf muscles of legs together. Turn bird on back; sew legs and tail together with *first piece of twine.*

Place bird on rack in a shallow roasting pan. Plump bird to resemble tur-

continued

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continued

Holiday traditions

key shape. Insert meat thermometer in breast, to reach center of stuffing. Cover loosely with foil. Roast at 325° for 4 to 4½ hours or till meat thermometer registers 165°. Baste occasionally with drippings during last half of roasting. Remove foil during last 45 minutes of roasting. Remove to platter. Garnish with orange shells filled with cranberry sauce, if desired. Let stand 10 to 15 minutes before slicing.

Note: If desired, use skewers to secure bird by pushing one long skewer through wings and breast and another skewer through thighs. Secure with twine to legs and tail.

HAM-SPINACH STUFFING

1 pound fresh mushrooms, sliced
1 cup chopped onion
½ cup butter *or* margarine
2 8-ounce packages herb-seasoned stuffing mix
2 10-ounce packages frozen chopped spinach, cooked and well drained
3 cups finely chopped cooked country ham *or* regular ham
1 15-ounce carton ricotta cheese
1 cup grated Parmesan cheese
3 beaten eggs
½ cup snipped parsley
½ cup chicken broth

Cook mushrooms and onion in butter or margarine. In large bowl pour vegetable mixture over stuffing mix, tossing to coat. Squeeze spinach to remove excess water. Fold into stuffing mixture. Combine ham, cheeses, eggs, parsley, ¼ teaspoon *salt,* and ⅛ teaspoon *pepper.* Add to stuffing mixture. Use about 8 cups stuffing to stuff Skip-the-Bones Christmas Turkey or whole turkey. To remaining stuffing blend in chicken broth. Place in a 2½-quart casserole. Cover; bake at 325° for last hour of roasting. Makes 15 cups.

MOM'S SWEET POTATOES WITH MARSHMALLOWS

2 pounds sweet potatoes *or* yams, cooked, drained, and peeled (about 4 large)
¼ cup butter *or* margarine
3 tablespoons brown sugar
1 tablespoon Cinnamon Sugar
½ teaspoon salt
⅓ cup light cream *or* milk
8 marshmallows, halved

Mash sweet potatoes; blend in butter or margarine, brown sugar, Cinnamon Sugar, and salt. Add cream, beating till potatoes are creamy and fluffy. Turn into a 10x6x2-inch baking dish or a shallow 1½-quart casserole. Bake at 350° for 20 to 25 minutes. Top with marshmallows; broil 1 to 2 minutes or till marshmallows are lightly browned. Makes 8 servings.

Cinnamon Sugar: Mix together ½ cup *sugar* and 2 teaspoons *ground cinnamon.*

GREEN BEANS WITH PARSLEY BUTTER

3 9-ounce packages frozen whole green beans
½ cup butter *or* margarine, softened
¼ cup snipped Italian *or* regular parsley

Cook beans according to package directions; drain. Combine softened butter or margarine and parsley. Serve atop beans. Makes 10 to 12 servings.

SPEEDY PICKLED PEACHES

1 29-ounce can peach halves
Whole cloves
½ cup vinegar
½ cup sugar
3 inches stick cinnamon, broken

Drain peaches, reserving 1 cup syrup. Stud each peach half with 3 or 4 cloves. Combine reserved syrup, vinegar, sugar, and cinnamon. Add peaches. Bring to boiling; simmer, uncovered, 3 to 4 minutes. Cool. Cover; refrigerate. Before using, drain peaches and remove cinnamon. Serve with meat, fish, or poultry.

CREAMED ONIONS

1 cup salted peanuts
3 tablespoons butter *or* margarine
¼ cup all-purpose flour
3 cups milk
3 16-ounce cans stewed onions, drained
1 cup soft bread crumbs
2 tablespoons butter *or* margarine, melted

Coarsely chop *half* of the peanuts; set both portions aside. Melt the 3 tablespoons butter or margarine; blend in flour and 1 teaspoon *salt.* Add milk all at once; cook and stir till bubbly. Stir in onions and whole peanuts. Turn into ungreased 12x7½x2-inch baking dish. Combine bread crumbs and the remaining butter. Sprinkle around edges of baking dish. Top with chopped peanuts. Bake, uncovered, at 375° for 25 minutes. Makes 10 to 12 servings.

SQUASH-CARROT CASSEROLE

7 cups sliced crookneck squash *or* zucchini
½ cup chopped onion
1 can condensed cream of chicken soup
1 cup dairy sour cream
1 cup shredded carrot
2 cups (½ of an 8-ounce package) herb-seasoned stuffing mix
¼ cup butter *or* margarine, melted

Cook squash and onion, uncovered, in boiling salted water 5 minutes. Drain well. Combine soup, sour cream, and carrot. Fold in drained vegetables. Combine stuffing mix with butter or margarine. Sprinkle *two-thirds* of the stuffing mixture in a 12-inch quiche dish or a 12x7½x2-inch baking dish. Spoon vegetable mixture atop. Sprinkle remaining stuffing around edges of dish. Bake, uncovered, at 350° for 25 to 30 minutes for quiche dish or 30 to 35 minutes for baking dish. Makes 6 to 8 servings.

ORANGE-CHOCOLATE CAKE

4 1-ounce squares unsweetened chocolate, melted
¼ cup granulated sugar
2¼ cups sifted cake flour
1½ cups granulated sugar
1 tablespoon baking powder
½ cup cooking oil
7 egg yolks
¼ cup orange liqueur
¾ cup flaked coconut
7 egg whites
½ teaspoon cream of tartar
1 recipe Golden Butter Frosting

Thoroughly blend together the melted chocolate, ½ cup *boiling water,* and the ¼ cup sugar; cool. Sift together flour, the 1½ cups sugar, baking powder, and 1 teaspoon *salt.* Make a well in center of dry ingredients. Add in order oil, egg yolks, ½ cup *cold water,* and orange liqueur. Beat at high speed of electric mixer till smooth. Stir in chocolate and coconut. Wash beaters.

continued

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RAVE REVIEWS COCONUT CAKE

1 package (2-layer size) yellow cake mix
1 package (4-serving size) JELL-O® Brand Vanilla Flavor Instant Pudding and Pie Filling
1½ cups water
4 eggs
⅓ cup oil
2 cups BAKER'S® ANGEL FLAKE® Coconut
1 cup chopped walnuts or pecans

Blend cake mix, pudding mix, water, eggs and oil in large mixer bowl.* Beat at medium speed of electric mixer 4 minutes. Stir in coconut and walnuts. Pour into 3 greased and floured 9-inch layer pans. Bake at 350° for 35 minutes. Cool in pans 15 minutes; remove and cool on rack. Fill and frost with Coconut-Cream Cheese Frosting.

Coconut-Cream Cheese Frosting

4 tablespoons butter or margarine
2 cups BAKER'S® ANGEL FLAKE® Coconut
1 package (8 oz.) cream cheese
2 teaspoons milk
3½ cups sifted confectioners' sugar
½ teaspoon vanilla

Melt 2 tablespoons butter in skillet. Add coconut; stir constantly over low heat until golden brown. Spread coconut on absorbent paper to cool. Cream 2 tablespoons butter with cream cheese. Add milk and sugar alternately, beating well. Add vanilla; stir in 1¾ cups of the coconut. Spread on tops and sides of cake layers. Sprinkle with remaining coconut.

*High altitude areas, increase water to 1¾ cups and add ¼ cup flour.

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continued

Holiday traditions

In large mixer bowl combine egg whites and cream of tartar. Beat to very stiff peaks. Fold batter into egg whites. Bake in an ungreased 10-inch tube pan at 325° for 1 to 1¼ hours. Invert pan; cool. Remove from pan. Frost with *Golden Butter Frosting:* Melt ½ cup *butter* or *margarine* over low heat till golden brown. Remove from heat. Stir in 4 cups *sifted powdered sugar* and 1 teaspoon *vanilla*. Blend in enough *light cream* till spreading consistency (about ¼ cup).

CUSTARD MERINGUE PIE

1¼ cups crushed graham crackers
¼ cup sugar
½ teaspoon ground cinnamon
6 tablespoons butter *or* margarine, melted
½ cup sugar
2 tablespoons cornstarch
2 cups milk
3 beaten egg yolks
1 teaspoon vanilla
3 egg whites
¼ teaspoon cream of tartar
¼ teaspoon vanilla
⅓ cup sugar

Combine graham crackers, the ¼ cup sugar, and cinnamon. Mix crumbs with butter or margarine. Press mixture into bottom and up sides of a 9-inch pie plate. Bake at 375° for 6 minutes. Cool.

Combine the ½ cup sugar, cornstarch, and a dash *salt*. Stir in milk. Cook and stir till bubbly. Cook 2 minutes more. Stir *half* the hot mixture into egg yolks. Return to hot mixture in saucepan. Cook and stir till bubbly; cook 2 minutes more. Stir in the 1 teaspoon vanilla. Spoon into cooled pie shell.

Beat egg whites, cream of tartar, and remaining vanilla with electric mixer to soft peaks. Gradually add remaining sugar, beating to stiff peaks. Immediately spread over pie, sealing to edge of pastry. Bake at 350° for 12 minutes. Cool. Chill to store.

LAYERED PUMPKIN PIE

1½ cups finely crushed gingersnaps
¼ cup butter *or* margarine, melted
¼ cup sifted powdered sugar
⅓ cup granulated sugar
1 envelope unflavored gelatin
1¼ cups canned pumpkin
½ teaspoon ground allspice
½ teaspoon *each* ground ginger, ground nutmeg, and ground cinnamon
3 egg yolks
½ cup evaporated milk *or* light cream
3 egg whites
¼ cup sifted powdered sugar
1 cup whipping cream
¾ cup sifted powdered sugar
½ teaspoon vanilla
½ teaspoon ground cinnamon

Stir together gingersnaps, melted butter or margarine, and the first ¼ cup powdered sugar. Press into bottom and up sides of a 10-inch pie plate. Bake at 325° for 10 minutes. Cool.

Combine granulated sugar and gelatin. Stir in pumpkin, ½ teaspoon *salt*, allspice, ginger, nutmeg, and the first ½ teaspoon cinnamon. Add egg yolks;

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mix well. Stir in evaporated milk. Cook and stir over medium heat till bubbly. Cook 2 minutes more, stirring constantly. Remove from heat; cool. With electric mixer beat egg whites to soft peaks; gradually add the second ¼ cup powdered sugar beating to stiff peaks. Fold into cooled custard.

Whip cream with remaining powdered sugar and vanilla to soft peaks. To *half* of the whipped cream mixture stir in remaining cinnamon; cover. Chill. To assemble, fill crust with *half* of the pumpkin mixture. Top with plain whipped cream mixture. Then add remaining pumpkin mixture. Chill 6 hours or overnight. To serve, top with remaining cinnamon-whipped cream mixture. Garnish with orange peel, if desired.

CHRISTMAS OPEN HOUSE

CHOCOLATE EGGNOG

3 cups dairy eggnog, chilled
1 cup chocolate milk
½ cup crème de cacao
1 cup whipping cream
Shaved chocolate

In a pitcher combine eggnog, chocolate milk, and crème de cacao. Cover; chill. Just before serving whip cream to soft peaks. Garnish each serving with a dollop of the whipped cream and some of the chocolate. Makes 10 (½-cup) servings.

CHRISTMAS BUTTERED RUM

1 cup butter *or* margarine, softened
½ cup packed brown sugar
½ cup sifted powdered sugar
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1 pint vanilla ice cream, softened

• • •

Rum *or* brandy
Boiling water

Cream together butter or margarine, brown sugar, powdered sugar, nutmeg, and cinnamon with electric mixer. Blend in softened ice cream. Turn into a 4-cup freezer container. Seal and freeze. (Mixture will not freeze solid.)

To serve, spoon 2 to 4 tablespoons ice cream mixture into each mug. Add 3 tablespoons rum and ½ cup boiling water to each mug. Stir well. Garnish with a cinnamon stick, if desired. Makes 12 to 24 servings.

How Presto perfected deep-frying.

Less oil-more food. Presto® FryDaddy® deep fryer cooks four servings in only 4 cups of oil. Saves money.

Ideal frying temperature for perfect results. Automatically! No controls to set.

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RAISIN LIQUEUR

2 cups raisins
2 cups sugar
2 cups whiskey

Combine raisins and 3½ cups *water*. Bring to boiling. Reduce heat; simmer 20 minutes. Add sugar; stir till dissolved. Remove from heat; stir in whiskey. Fill 4 clean hot pint or 8 half-pint jars with raisin-whiskey mixture; seal. Let stand at least 1 month. Serve both raisins and some of the liqueur in cordial glasses with pick. *Or*, strain liqueur and serve plain (reserve raisins for another use). Makes 4 pints.

AVOCADO-CHEESE MOLD

1 8-ounce package cream cheese, softened
1 cup finely shredded cheddar cheese, at room temperature
¼ cup milk
½ teaspoon onion salt
Several dashes bottled hot pepper sauce
1 8-ounce package cream cheese, softened

continued

continued

Holiday traditions

1 3-ounce package cream cheese, softened
1 6-ounce can frozen avocado dip, thawed
Snipped parsley
Assorted crackers

Beat together the first 8-ounce package cream cheese, the cheddar cheese, milk, onion salt, and hot pepper sauce. Spread in bottom of an oiled 4-cup mold. Chill while preparing second layer. Beat together remaining 8-ounce and 3-ounce packages of cream cheese and dip. Spread atop first layer. Cover; refrigerate overnight. Unmold on serving plate. Garnish with parsley. Serve with crackers. Makes 4 cups.

REUBEN BALLS

½ cup finely chopped onion
1 clove garlic, minced
1 tablespoon butter *or* margarine
3 tablespoons all-purpose flour
½ teaspoon instant beef bouillon granules
1 16-ounce can sauerkraut, drained and very finely chopped
1½ cups finely chopped corned beef
1 tablespoon snipped parsley
2 beaten eggs
1 cup milk
1⅓ cups all-purpose flour

• • •

1¾ cups fine dry bread crumbs
Cooking oil for deep-fat frying
Mustard Sauce (optional)

Cook onion and garlic in butter or margarine. Blend in the 3 tablespoons flour and bouillon granules. Add ½ cup *water;* cook and stir till bubbly. Remove from heat. Stir in sauerkraut and corned beef. Chill.

Form meat mixture into 48 small balls; set aside. Combine eggs, milk, and the remaining flour; beat smooth.

continued

Vlasic has a recipe for your every holiday craving.



Vlasic Pickles have won taste tests all across America. They'll win your family over, too.

vlasic America's Favorite Pickle.



VLASIC STUFFED DILLS
Blend 10 oz. canned tuna, drained, ¼ cup salad dressing, ¼ cup chopped celery. Halve and core VLASIC KOSHER DILLS. Fill with mixture. Chill.



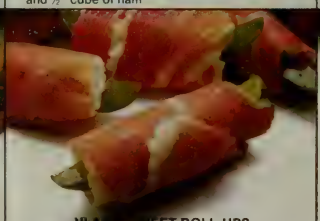
VLASIC GHERKIN KABOBS
Using toothpick, skewer ½" cube cheddar cheese, ½" slice of VLASIC SWEET GHERKIN, and ½" cube of ham



VLASIC CHIP AND DIP
Top your favorite cracker with a VLASIC SWEET BUTTER CHIP. Add your favorite dip or cheese spread.



VLASIC MINI PIZZA
Put slice of VLASIC DILL PICKLE on cocktail cracker. Top with slices of pepperoni and Mozzarella cheese. Heat till cheese melts



VLASIC SWEET ROLL-UPS
Spread softened cream cheese on slices of prosciutto ham. Roll around VLASIC SWEET MIDGETS or sliced SWEET PICKLES, then chill



VLASIC SWEET [illegible] BALL
Soften 8 oz. cream cheese, 4 oz. blue cheese, ¼ cup butter. Blend. Add 2/3 Cup VLASIC SWEET RELISH, 1 T chives. Chill. Form ball. Chill well.

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Only Presto® EggsEveryWay™ electric egg cooker can make an omelette *or* a soft boiled egg—a poached egg *or* a fried egg.

Rack holds 1 to 8 eggs for cooking in the shell. Poaches up to 4 perfectly shaped eggs. Clear, heat-proof cover retains moisture and heat for baking and shirring eggs. Flat grill surface to scramble, fry or make omelettes. Ideal temperature, automatically controlled. Easy clean nonstick hard surface.

Only one egg cooker can make *all* those statements, too.



PRESTO® EggsEveryWay™

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continued

Holiday traditions

Dip balls in batter; then roll in crumbs. Fry, a few at a time, in deep hot oil (365°) for 1 minute. Drain. Serve at once.

Or, cover and chill. To serve, place chilled balls in a 13x9x2-inch baking dish. Bake at 350° for 20 minutes. Makes 48. Serve with *Mustard Sauce:* Combine ½ cup *milk* and 2 tablespoons *dry onion soup mix;* let stand 5 minutes. Stir in 1 cup *dairy sour cream* and 1 tablespoon *prepared mustard.* Heat through; stir occasionally. *Do not boil.*

CHAMPAGNE SIPPER

- **1 750-ml bottle dry white wine, chilled**
- **½ cup orange liqueur, chilled**
- **¼ cup grenadine syrup**
- **2 750-ml bottles dry pink champagne, chilled**
- **1 28-ounce bottle carbonated water, chilled**
- **Orange slices**

In a punch bowl combine wine, liqueur, and grenadine. Carefully pour champagne and carbonated water down side of bowl, stirring gently with an up-and-down motion. Garnish with orange slices, if desired. Makes 25 (½-cup) servings.

CHICKEN-ARTICHOKE MOUSSE

- **1 envelope unflavored gelatin**
- **½ cup dairy sour cream**
- **1 3-ounce package cream cheese, softened**
- **¼ cup mayonnaise *or* salad dressing**
- **¼ cup dry white wine**
- **1 teaspoon dried marjoram, crushed**
- **1 medium chicken breast, cooked**
- **1 14-ounce can artichoke hearts, drained (8½ ounces drained weight)**
- **2 hard-cooked eggs**
- **2 green onions**
- **1 cup shredded carrot**
- **Vegetable dippers**

In a heat-proof measuring cup combine gelatin and 1 cup *water.* Place cup in a saucepan of hot water. Heat and stir till gelatin is dissolved. Transfer to mixing bowl. Beat in sour cream, cream cheese, mayonnaise or salad dressing, wine, marjoram, 1 teaspoon *salt,* and ¼ teaspoon *pepper.* Remove skin and bones from chicken breast. Grind chicken, artichokes, eggs, and green onions through fine blade of food grinder or food processor. Add carrot; mix well. Fold into gelatin mixture. Spoon into a 4½-cup mold. Chill till firm. Serve with vegetable dippers.

BEEF TURNOVERS

- **1 cup crushed onion crackers**
- **1 cup all-purpose flour**
- **¼ cup grated Parmesan cheese**
- **6 tablespoons butter *or* margarine**
- **1 3-ounce package cream cheese**
- **½ pound ground beef**
- **½ cup chopped cooked spinach, well drained**
- **1 3-ounce can chopped mushrooms, drained**
- **¼ cup bottled spaghetti sauce**
- **¼ teaspoon dried basil, crushed**
- **¼ teaspoon dried thyme, crushed**
- **1 beaten egg**

continued

The Green Giant mushroom test.





Green Giant Brand Mushrooms are:

- ☐ Plump.
- ☐ Firm.
- ☐ Juicy.
- ☐ Delicious.
- ☑ All of the above.

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Special times deserve a special cake.



Baker's® German Sweet Chocolate Cake.

Enjoy this classic treat for holiday time made with authentic Baker's® German's® Sweet Chocolate. And fresh tasting Baker's® Coconut. It's very luscious. And very special.



GERMAN SWEET CHOCOLATE CAKE

1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
2½ cups sifted cake flour
1½ cups sugar
1 teaspoon baking soda
½ teaspoon CALUMET® Baking Powder
½ teaspoon salt
⅔ cup butter or margarine
1 cup buttermilk
1 teaspoon vanilla
2 eggs
Coconut-Pecan Filling and Frosting

Melt chocolate over very low heat; cool. Sift flour with sugar, soda, baking powder and salt. Stir butter in mixer bowl to soften. Add flour mixture, ¾ cup of the buttermilk and the vanilla. Mix to dampen flour; beat *2 minutes* at medium speed of electric mixer, scraping bowl occasionally. Add melted chocolate, eggs and remaining buttermilk. *Beat 1 minute longer.* Pour batter into three 8-inch layer pans, lined on bottoms with paper. Bake at 350° for 30-35 minutes, or until cake tester inserted into centers comes out clean. Cool in pans 15 minutes; remove from pans and cool on racks. Spread filling on layers and stack.

Coconut-Pecan Filling and Frosting

1 cup evaporated milk
1 cup sugar
3 egg yolks, slightly beaten
⅓ cup butter or margarine
1 teaspoon vanilla
1⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
1 cup chopped pecans

Combine milk, sugar, egg yolks, butter and vanilla in saucepan. Cook and stir over medium heat until mixture thickens, about 12 minutes. Remove from heat. Add coconut and pecans. Cool until spreading consistency, beating occasionally.

GF GENERAL FOODS

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continued

Holiday traditions

Combine crackers, flour, and Parmesan. Cut in butter or margarine and cream cheese to fine crumbs. Sprinkle 4 to 5 tablespoons *cold water* over mixture, a tablespoon at a time, mixing with fork. Form into ball. For easier rolling, wrap in clear plastic wrap; chill 30 minutes. Brown ground beef; drain. Stir in spinach, mushrooms, spaghetti sauce, ¼ teaspoon *salt,* basil, and thyme; set aside. On floured surface roll dough ⅛ inch thick. Cut out eighteen 4-inch circles, rerolling scraps. Place about *1 tablespoon* of filling on half of each circle. Brush edges with beaten egg. Fold dough over filling to form a semicircle; seal edges with tines of fork. Place on greased baking sheet. Brush with more beaten egg. Bake at 400° for 18 to 20 minutes. Serve at once.

Or, cool on wire rack. Wrap in foil, seal, and freeze. To serve, place unwrapped frozen turnovers on baking sheet. Bake in a 375° oven for 15 minutes or till hot through. Makes 18.

SHRIMP-COTTAGE CHEESE PUFFS

1 8¼-ounce can crushed pineapple in its own juice, well drained
⅔ cup shredded carrot
½ cup small-curd cottage cheese, drained
½ cup plain yogurt
1 teaspoon lemon juice
2 4½-ounce cans small shrimp, drained
2 hard-cooked eggs, chopped
1 recipe Appetizer Cream Puffs

Combine pineapple, carrot, cottage cheese, yogurt, and lemon juice. Fold in shrimp and eggs. Cover and chill. Just before serving, spoon a rounded tablespoon of filling into each cream puff. Makes 36 to 40.

To make Appetizer Cream Puffs: In saucepan melt ½ cup *butter* or *margarine* in 1 cup *boiling water.* Add 1 cup *all-purpose flour* and ¼ teaspoon *salt* all at once; stir vigorously. Cook and stir till mixture forms a ball that doesn't separate. Remove from heat; cool slightly. Add 4 *eggs,* one at a time, beating till smooth after each. Drop level tablespoons of dough 3 inches apart on greased baking sheet. Bake at 400° for 25 minutes. Cool on rack. Cut off the top third of each puff. Remove any soft dough from inside.

INDIVIDUAL ORANGE SAVARINS

1⅓ cups sugar
½ cup butter *or* margarine
3 eggs
1 cup Sourdough Starter (at room temperature)
3 tablespoons finely shredded orange peel
2½ cups all-purpose flour
1½ teaspoons baking soda
½ teaspoon baking powder
⅔ cup orange juice
¾ cup sugar
¼ cup orange liqueur

Cream the 1½ cups sugar and butter or margarine till fluffy. Add eggs, one at a time, beating well after each. Stir

continued

Candlelight Chicken.

When your chicken meets Birds Eye® for dinner, magic happens. In minutes.



ALOHA CHICKEN Combine 2 tsp. vinegar, 1 tsp. *each* soy sauce and cornstarch. Skin and bone 2 chicken breasts; cut into strips. Sauté in 2 tbs. oil in skillet for 5 min. Add ¼ cup orange juice, 2 tbs. orange marmalade, the cornstarch mixture and 10-oz. pkg. Birds Eye® Hawaiian Style Vegetables. Bring to a *full* boil, separating vegetables; stir frequently. Reduce heat; cover and simmer 3 min. Garnish, if desired. Makes 3 main-dish servings.





NEW ENGLAND CHICKEN MEDLEY
Skin and bone 2 chicken breasts; cut in strips and coat with 1 tbs. flour. Brown lightly in 2 tbs. butter or margarine in skillet. Add 10-oz. pkg. Birds Eye® Americana Recipe Vegetables, ¼ cup chicken broth and ¼ tsp. basil. Bring to a *full* boil, separating vegetables; stir frequently. Reduce heat; cover and simmer 4 min. Sprinkle with topping. Makes 3 main-dish servings.



CHICKEN OREGANATO
Combine ¼ cup water and 1 tsp. cornstarch. Sauté 1 crushed garlic clove in 1 tbs. oil in skillet. Add 1½ cups cooked chicken, cut in strips, the cornstarch mixture, 1 tbs. lemon juice, ½ tsp. salt and ¼ tsp. oregano. Add 10-oz. pkg. Bird's Eye® Italian Style Vegetables. Bring to a *full* boil, separating vegetables; stir frequently. Reduce heat; cover and simmer 3 min. Garnish, if desired. Makes 3 main-dish servings.

BIRDS EYE

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GENERAL FOODS

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BHO-3445-0

continued

Holiday traditions

in Sourdough Starter and 2 tablespoons of the orange peel. Stir together flour, soda, ½ teaspoon *salt,* and baking powder; add alternately with orange juice to creamed mixture. Fill greased and floured 2½-inch fluted muffin pans or regular muffin pans with a generous *2 tablespoons* batter. Bake at 350° for 16 to 18 minutes or till savarins test done. Remove from pans to wire rack. In saucepan combine ¾ cup *water* and the remaining sugar and orange peel; bring to boiling. Reduce heat; simmer 2 minutes. Cool 10 minutes. Stir in orange liqueur. Place rack with savarins in a shallow baking pan. Spoon warm syrup slowly over savarins, repeating till all syrup is absorbed. Cool. Makes 40.

Sourdough Starter: Soften 1 package *active dry yeast* in ½ cup *warm water* (110°). Stir in 2 cups *warm water,* 2 cups all-purpose *flour,* and 1 tablespoon *sugar.* Beat till smooth. Cover with cheesecloth. *Do not place in a tightly closed container or mix may explode.* Let stand at room temperature 5 to 10 days, stirring 2 to 3 times a day. Cover; refrigerate till needed.

To keep Starter going: After using some Starter, add ¾ cup *water,* ¾ cup all-purpose *flour,* and 1 teaspoon *sugar* to remainder. Let stand at room temperature till bubbly, at least 1 day. Cover and refrigerate for later use. If not used within 10 days, add 1 teaspoon *sugar;* repeat every 10 days.

PUMPKIN GINGERBREAD

½ cup butter *or* margarine, softened
½ cup sugar
½ cup molasses
1 egg
1½ cups all-purpose flour
¾ teaspoon baking soda
¾ teaspoon ground ginger
¾ teaspoon ground cinnamon
1 cup canned pumpkin
1 4-serving-size package *instant* vanilla pudding mix
½ cup milk
½ of a 4½-ounce carton frozen whipped dessert topping, thawed
Pecan halves

Cream together butter or margarine and sugar. Beat in molasses and egg. Stir together flour, soda, spices, and ¼ teaspoon *salt.* Add to creamed mixture alternately with ½ cup *water* (batter may appear curdled). Pour into a greased 9x9x2-inch baking pan. Bake at 350° for 30 to 35 minutes. Cool.

Stir together pumpkin, pudding mix, and milk. Fold in whipped topping. Chill. To serve, cut gingerbread in squares and top with some of the pumpkin mixture. Garnish with pecans. Makes 8 to 12 servings.

APRICOT TWISTS

2 cups all-purpose flour
½ cup sugar
¾ teaspoon ground mace
1 cup butter *or* margarine
½ teaspoon vanilla
⅓ to ½ cup ice water

• • •

½ cup apricot cake and pastry filling

Stir together flour, sugar, mace, and ½ teaspoon *salt.* Cut in butter or margarine to coarse crumbs. Combine vanilla with *1 tablespoon* of the ice water. Toss into flour mixture. Add remaining water, a tablespoon at a time, tossing till dough is moistened. Shape into ball; cover. Chill 30 minutes.

Divide dough in half. On a lightly floured surface roll each half to 18x8 inches. Spread *half* the apricot filling over *half* of each rectangle along the 8-inch side. Fold plain portion of dough over filling. Trim edges. Cut each rectangle into eighteen 4x1-inch strips. Twist strips 3 times. Place on ungreased cookie sheet. Bake at 400° for 15 minutes. Cool. Makes 3 dozen.

BACON AND TOMATO SPREAD

1 8-ounce package cream cheese, softened
2 teaspoons prepared mustard
½ teaspoon celery salt
6 slices bacon, crisp-cooked, drained, and crumbled
1 medium tomato, peeled, seeded, and finely chopped
¼ cup finely chopped green pepper
Vegetable dippers

Stir together cream cheese, mustard, and celery salt. Stir in bacon, tomato, and green pepper. Cover and chill. Serve with vegetables. Makes 2 cups.

HAM-ORANGE TARTS

2 3-ounce packages cream cheese, softened
1 tablespoon milk
¼ teaspoon finely shredded orange peel
¼ teaspoon dry mustard
½ cup sour cream dip with chives
½ cup finely diced ham
1 tube 10 refrigerated biscuits
Paprika

Blend cream cheese, milk, orange peel, and mustard. Fold in dip and ham. Halve biscuits. Mold each half to fit a 1¾-inch muffin cup. Spoon about 1 tablespoon filling into each. Sprinkle with paprika. Bake at 375° for 20 to 25 minutes. Serve warm. Makes 20.

SAKE CHEESE BALLS

1 8-ounce package cream cheese
1 cup shredded monterey jack cheese
¼ cup sake
¾ cup coarsely crushed sesame crackers
2 tablespoons snipped parsley
Party rye bread

Bring cheeses and sake to room temperature. Beat together cheeses till nearly smooth. Gradually blend in sake. Chill. Before serving, combine crackers and parsley. Shape cheese mixture into a ball; roll in crumb mixture. Serve with bread. Makes 1.

APPETIZER FRITTATA

¼ cup chopped celery
¼ cup chopped onion
2 tablespoons butter *or* margarine
8 beaten eggs
½ cup dairy sour cream
½ cup grated Parmesan cheese
1 3½-ounce package sliced pepperoni
Chopped green onion

In a 10-inch oven-going skillet cook celery and onion in butter or margarine till tender. Combine eggs, sour cream, and cheese. Chop *half* the pepperoni and add to egg mixture. Preheat broiler. Pour egg mixture into skillet and cook over medium heat of range top, lifting edges occasionally to allow uncooked portion to flow underneath. Cook 8 to 10 minutes or till almost set. Arrange remaining pepperoni around edge. Broil 5 inches from heat 1 to 2 minutes. Sprinkle with green onion, if desired. Cut in wedges. Serves 12.

continued on page 152



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

EVEN A WHITE CHRISTMAS SHOULD HAVE A RAINBOW.

Christmas Rainbow Poke Cake.

With SuperMoist® cake mix and Jell-O® gelatin.

1 package Super Moist® white cake mix
1 package (3 oz.) JELL-O® brand raspberry flavor gelatin
1 package (3 oz.) JELL-O® brand lime flavor gelatin
2 cups boiling water
1 container (8 oz.) BIRDS EYE® COOL WHIP® non-dairy whipped topping, thawed

Prepare cake mix as directed on package. Pour batter into 2 round pans, 8 or 9 x 1-1/2 inches (do not use pans with removable bottoms). Bake as directed; cool 10 minutes. Remove from pans; cool completely. Place cake layers, top sides up, back in the 2 clean pans; prick each layer with utility fork at 1/2-inch intervals. Pour 1 cup of the boiling water over raspberry flavor gelatin in bowl; stir until gelatin is dissolved. Spoon raspberry flavor gelatin over 1 layer. Repeat with lime flavor gelatin. Refrigerate 3 to 4 hours. Dip 1 layer in pan into warm water 10 seconds; invert on plate, gently shaking to loosen. Remove pan; spread layer with 1 cup of the whipped topping. Remove remaining layer from pan as above; invert on first layer. Remove pan; frost with remaining topping. Refrigerate; garnish with flattened gumdrops, cut to resemble holly.



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File under Desserts

Buying information, see page 181.

Mincemeat Desserts

Mincemeat Cake Roll

Sponge cake wraps around a creamy mincemeat filling in this top winner—

1 cup all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
3 eggs
1 cup granulated sugar
1 teaspoon vanilla
½ cup hot water
2 cups prepared mincemeat
Sifted powdered sugar
1½ cups whipping cream, whipped

Stir together flour, baking powder, and salt. In large mixing bowl beat eggs at high speed of electric mixer till thick and lemon-colored. Gradually add granulated sugar, beating constantly. Add vanilla. Beat in dry ingredients at low speed just till blended. Add hot water all at once; beat till smooth. Stir in *¼ cup* of the mincemeat. Spread evenly in a greased and waxed paper-lined 15x10x1-inch jelly roll pan. Bake in 375° oven for 10 to 12 minutes. Immediately loosen edges of warm cake from pan; quickly invert over a towel sprinkled with powdered sugar. Starting with the narrow end, roll up the warm cake and towel together. Cool thoroughly on wire rack. Combine the remaining mincemeat and *2 cups* of the whipped cream. Carefully unroll cooled cake; spread with mincemeat mixture. Roll up cake. Frost with remaining whipped cream.

Mrs. Edith Kleppe, Milwaukee, Wis.



File under Appetizers and beverages

Photographs: Dieter

Holiday Appetizers

Deep-fried Mozzarella Puffs

These top-rated appetizers taste like small Monte Christo sandwiches—

10 slices white sandwich bread
1½ pounds unsliced mozzarella cheese
8 beaten eggs
½ cup grated Parmesan cheese
1 teaspoon salt
1 cup all-purpose flour
½ cup grated Parmesan cheese
Cooking oil for deep-fat frying

Remove crusts from bread slices; cut each slice diagonally into quarters. Cut 40 pieces of cheese the same size and thickness of bread pieces. Beat together eggs, the first ½ cup Parmesan cheese, and salt. To assemble, coat bread pieces with flour, then dip in egg mixture. Repeat with cheese; place one cheese triangle atop each bread triangle. (To make ahead, sprinkle with a little flour; cover and refrigerate several hours.) Sprinkle each triangle with some of the remaining Parmesan cheese. Fry 2 or 3 at a time, cheese side down, in deep hot fat (365°) about 2 minutes or till golden, turning once. Drain on paper toweling; serve warm. Makes 40.

Shirley Brown, Poquoson, Va.



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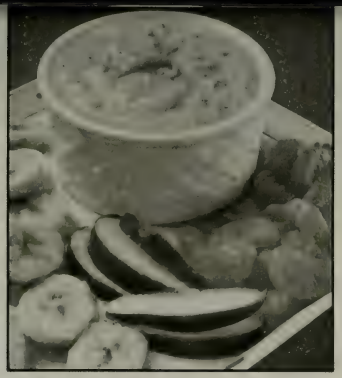
Curried Liver Pâté

Zippy curry and smooth sour cream add their flavors to this spread—

8 ounces chicken livers
3 green onions, cut up
2 slices bacon, crisp-cooked and drained
¼ cup dairy sour cream
2 tablespoons butter *or* margarine, softened
1 teaspoon lemon juice
1 teaspoon curry powder
⅛ teaspoon salt
⅛ teaspoon pepper
Chopped green onion (optional)

Cook chicken livers in a small amount of boiling salted water about 5 minutes or till tender; drain and cool. In blender container or food processor bowl, process the cut-up green onion and bacon till chopped. Add sour cream, butter or margarine, lemon juice, curry, salt, pepper, and cooked livers. Cover; process till smooth. Remove to small bowl. Cover and chill several hours or overnight. To serve, garnish with chopped green onion. Serve with crackers. Makes 1 cup.

Frances E. Dietz, York, Pa.



Cranberry Fruit Dip

Try this with lemon yogurt, too—

1 8-ounce carton (1 cup) vanilla-flavored yogurt
½ cup cranberry-orange relish
¼ teaspoon ground nutmeg
¼ teaspoon ground ginger
Assorted fruits for dipping (apple slices, banana chunks, mandarin orange sections, *or* pineapple chunks, drained)

In a small bowl combine yogurt, cranberry-orange relish, nutmeg, and ginger till well blended. Cover and chill. Serve with assorted fruits for dipping. Garnish with an orange peel twist, if desired. Makes about 1¼ cups.

Ms. Carley Lindsay, Iowa City, Ia.



Mince-Rice Pudding

You might try this with hard sauce in place of the whipped cream—

4 cups milk
¾ cup long grain rice
1 cup sugar
3 tablespoons butter *or* margarine
4 slightly beaten eggs
2 cups prepared mincemeat
Ground nutmeg
Whipped cream (optional)

In saucepan combine the milk and rice. Simmer, covered, 20 to 25 minutes or till rice is tender. Remove from heat. Add sugar and butter or margarine; stir till butter is melted. Gradually add 1 cup of the hot mixture to the beaten eggs, mixing well. Return to rice mixture; stir in prepared mincemeat. Turn into an ungreased 12x7½x2-inch baking dish. Sprinkle with nutmeg. Bake, uncovered, in 350° oven for 45 minutes or till a knife inserted just off-center comes out clean. Spoon whipped cream atop, if desired. Makes 10 to 12 servings.

Angela R. Vibert, South Windsor, Conn.



Mincemeat Ice Cream

You can make this creamy dessert without an ice cream freezer—

4 egg yolks
1 cup milk
1 cup light cream
1 cup sugar
⅛ teaspoon salt
1½ cups prepared mincemeat
2 tablespoons brandy *or* rum
1 teaspoon vanilla
2 cups whipping cream

In a heavy 2-quart saucepan beat egg yolks; blend in milk and cream. Stir in sugar and salt. Cook over medium heat, stirring constantly, till mixture thickens and coats a metal spoon. Place pan in a bowl of ice water; stir till cold. Stir in mincemeat, brandy or rum, and vanilla. Whip cream to soft peaks (tips curl over). Carefully fold egg mixture into whipped cream. Turn mixture into freezer trays; cover tightly with clear moisture-vaporproof wrap. Freeze firm. Makes 2 quarts.

Laura Getschmann, Bremerton, Wash.

Introducing the cookie with "mmmmmm" baked into it.



M&M's® CANDIES SUPER COOKIES

1 package (15 oz.) M&M's® Plain or Peanut Chocolate Candies
1 cup margarine
¾ cup granulated sugar
¾ cup brown sugar
2 eggs
1 teaspoon vanilla
2½ cups flour
½ teaspoon soda
½ teaspoon salt
1 cup chopped nuts, if desired

Coarsely chop 1½ cups candies; reserve remaining for dec ation. Beat together margarine and sugars until light and luffy; blend in eggs and vanilla. Add combined flour, soc nd salt; mix well. Stir in chopped candies and nuts. Drop t ounded tablespoonfuls onto greased cookie sheet. Bake at 50°F. for 9 to 11 minutes. Remove from oven; immediately ress 3 reserved candies into top of each cookie. Cool on wir ack. Makes about 5 dozen cookies.

M&M's® Plain and Peanut
"The milk chocolate melts in yo



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continued from page 144

Holiday traditions

BAKING EXCHANGE

CRANBERRY-FILBERT FRUITCAKE

	For 1	For 4
chopped pitted dates	1 8-oz. pkg.	4 8-oz. pkgs.
coarsely chopped filberts	1½ cups	6 cups
coarsely chopped fresh *or* frozen cranberries	1½ cups	6 cups
walnut halves	1 cup	4 cups
sugar	¾ cup	3 cups
all-purpose flour	¾ cup	3 cups
baking powder	½ tsp.	2 tsp.
salt	½ tsp.	2 tsp.
ground mace	½ tsp.	2 tsp.
eggs	3	12
vanilla	1 tsp.	4 tsp.
sweet red wine	¼ cup	1 cup

In a large mixing bowl (for 4 use a large Dutch oven or dishpan) combine dates, filberts, cranberries, and walnuts. Stir together remaining dry ingredients. Beat eggs with vanilla till foamy. Combine with flour mixture. Pour over fruit mixture, stirring to mix well. Turn into 1 (or 4) greased and brown-paper-lined 9x5x3-inch loaf pan(s). Cover with foil. Bake in 300° oven for 20 minutes. (For 4, arrange 2 pans on each shelf.) Remove foil. Bake 1 hour 40 minutes to 1 hour 45 minutes more. (For 4, rearrange pans halfway through baking.) Cool in pan(s). Remove and wrap each in wine-moistened cheesecloth. Overwrap in foil. Store at least 1 week in a cool place. Do not remoisten. Makes 1 or 4.

DATE-APRICOT BRAID

	For 1	For 4
chopped dried apricots	¼ cup	1 cup
brandy	2 tbsp.	½ cup
all-purpose flour	1¾ to 2 cups	7¾ to 8 cups
active dry yeast	1 pkg.	4 pkgs.
milk	½ cup	2 cups
sugar	2 tbsp.	½ cup
butter *or* margarine	2 tbsp.	½ cup
salt	¼ tsp.	1 tsp.
saffron, crushed	Dash	¼ tsp.
egg(s)	1	4
chopped pitted dates	¼ cup	1 cup
chopped toasted almonds	2 tbsp.	½ cup
egg yolk(s)	1	2
water	1 tbsp.	2 tbsp.

Soak apricots in brandy 10 minutes. In large mixer bowl (for 4 use a large Dutch oven or dishpan) combine *¾ cup* (*3½ cups* for 4) of the flour and yeast. Heat together milk, sugar, butter or margarine, salt, and saffron till just warm (115° to 120°), stirring constantly till butter almost melts. Drain apricots, reserving brandy mixture; set aside. Add brandy mixture to saucepan. Add milk mixture to dry mixture in bowl; add egg(s). Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in dates, apricots, and almonds. By hand stir in as much of the remaining flour as you can mix in with a spoon. Knead in remaining flour to make a moderately stiff dough. Knead 3 to 5 minutes more. Place in greased bowl. Cover; let rise till double.

(If making 4 braids, first divide dough into 4 portions.) Divide dough (or each quarter of dough for 4) into thirds. Roll each piece to a 15-inch rope. Braid 3 ropes together. Place on greased baking sheet. (For 4 repeat with remaining dough and place 2 braids 3 inches apart on each of 2 baking sheets.) Cover; let rise till double. Mix yolk(s) and water; brush over braid(s). Bake at 350° for 20 minutes. (For 4 rearrange baking sheets after 10 minutes.) Brush with more yolk mixture. Cool on rack. Makes 1 or 4.

CARAMEL RING

	For 1	For 4
all-purpose flour	2½ cups	10½ cups
active dry yeast	1 pkg.	4 pkgs.
milk	⅔ cup	2½ cups
granulated sugar	⅓ cup	1½ cups
butter *or* margarine	¼ cup	1 cup
salt	¼ tsp.	1 tsp.
egg(s)	1	4
flaked coconut	½ cup	2 cups
packed brown sugar	½ cup	2 cups

continued

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continued

Holiday traditions

	For 1	For 4
butter *or* margarine, melted	3 tbsp.	¾ cup
Caramel Frosting (see recipe below)		

In large mixer bowl (for 4 use large Dutch oven or dishpan) combine *1 cup* (*4 cups* for 4) of the flour and yeast. Heat milk, granulated sugar, the ¼ cup (or 1 cup for 4) butter or margarine, and salt just till warm (115° to 120°), stirring till butter almost melts. Add to dry ingredients; add egg(s). Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon. On lightly floured surface knead in remaining flour to make a moderately stiff dough. Continue kneading till smooth, 8 to 10 minutes. Place in greased bowl, turning once. Cover; let rise in a warm place till double, about 2 hours. Turn out onto lightly floured surface. (For 4, divide dough in fourths.) Cover; let rest 5 minutes. Roll dough (for 4 roll each piece of dough) to 12x8 inches; moisten surface with a small amount of *water.* Combine coconut, brown sugar, and remaining butter. Spread mixture (for 4, one-fourth of the mixture) over moistened rectangle(s). Roll up from long side. Place on a greased baking sheet; shape into a ring, sealing well. (For 4, use 4 baking sheets.) Cover; let rise till double. (For 4 place 2 baking sheets in the refrigerator.) Bake ring (or 2 rings for 4) at 350° for 30 to 35 minutes. Cool on rack. (For 4, repeat with remaining rings.) Frost with Caramel Frosting. Makes 1 or 4.

CARAMEL FROSTING

	For 1	For 4
packed brown sugar	2 tbsp.	½ cup
milk	1 tbsp.	¼ cup
butter *or* margarine, melted	1 tbsp.	¼ cup
sifted powdered sugar	½ cup	2 cups

Combine brown sugar, milk, and butter or margarine. Beat in powdered sugar till smooth.

EGGNOG-RUM PETITS FOURS

	For 24	For 48
butter *or* margarine	2 tbsp.	¼ cup
shortening	2 tbsp.	¼ cup
granulated sugar	½ cup	1 cup
rum extract	½ tsp.	1 tsp.
all-purpose flour	1 cup	2 cups
baking powder	1½ tsp.	1 tbsp.
salt	¼ tsp.	½ tsp.
ground nutmeg	⅛tsp.	¼ tsp.
eggnog	½ cup	1 cup
egg whites	3	6
granulated sugar	2 tbsp.	¼ cup
Petits Fours Icing (see recipe below)		
sifted powdered sugar	1 cup	2 cups
milk	2 tsp.	4 tsp.

Cream together butter or margarine and shortening. Gradually add the ½ cup (1 cup for 48) granulated sugar, creaming till light. Stir in rum extract. Stir together flour, baking powder, salt, and nutmeg. Add to creamed mixture alternately with eggnog, beating well after each addition. Wash beaters. Beat egg whites till foamy; gradually add the 2 tablespoons (¼ cup for 48) granulated sugar, beating to soft peaks. Fold *one-fourth* the egg whites into batter. Fold in remaining egg whites. Turn into a greased and lightly floured 8x8x2-inch baking pan, (for 48, use two 8x8x2-inch baking pans). Bake at 350° for 30 to 35 minutes. Cool in pan 10 minutes. Remove from pan; cool completely on rack. Trim edges from cake(s). Carefully cut each cake into 25 squares. Set squares on rack over sheets of waxed paper; set aside. Prepare Petits Fours Icing. Spear each cake square gently with a fork. Spoon icing over cake to coat top and sides. Catch dripping frosting in a bowl. Let dry on rack over waxed paper for 15 minutes. Repeat with remaining cake squares.

Spoon on a second coating of icing; let dry. A third coating of icing may be necessary. Dry completely.

To decorate, combine powdered sugar and enough milk to make a frosting of piping consistency. With pastry tube and tip decorate each cake. Let dry. Makes 2 or 4 dozen.

PETITS FOURS ICING

	For 24	For 48
granulated sugar	3¾ cups	7½ cups
water	2¼ cups	4½ cups
cream of tartar	½ tsp.	1 tsp.
whole nutmeg, cut in quarters (optional)	1	2
rum extract	½ tsp.	1 tsp.
sifted powdered sugar	4 to 4½ cups	8 to 9 cups
Green *or* red food coloring		

In a 2-quart saucepan (3-quart for 48) combine granulated sugar, water, cream of tartar, and nutmeg, if desired. Cover; cook till boiling. Uncover; clip candy thermometer to pan. Cook without stirring till thermometer registers 226°, about 20 to 25 minutes. Remove from heat; cool without stirring at room temperature (not over ice water) to lukewarm (110°). Remove nutmeg. Stir in extract. Beat in enough powdered sugar to make icing of pourable consistency. Tint with food coloring.

SPIRITED CORNMEAL COFFEE CAKE

	For 1	For 4
sugar	½ cup	2 cups
butter *or* margarine	¼ cup	1 cup
egg(s)	1	4
plain yogurt	½ cup	2 8-oz. cartons
all-purpose flour	1 cup	4 cups
yellow cornmeal	½ cup	2 cups
finely shredded lemon peel	1 tsp.	4 tsp.
baking soda	½ tsp.	2 tsp.
salt	⅛ tsp.	½ tsp.
finely snipped mixed dried fruits	⅓ cup	1⅓ cups
rum	¼ cup	1 cup
lemon juice	2 tbsp.	½ cup
sugar	2 tbsp.	½ cup

In large mixer bowl cream together the ½ cup (2 cups for 4) sugar and butter or margarine. Beat in egg. (For 4, beat in eggs one at a time.) Blend in yogurt. (For 4, turn into a large bowl.) Stir together flour, cornmeal, lemon peel, baking soda, and salt. Add to butter mixture. Stir in dried fruit. Turn into 1 (or 4) greased and floured 7½x3½x2-inch loaf pan(s). Cover loosely with foil. Bake at 350° for 15 minutes; remove foil. (For 4 pans, arrange 2 on each shelf. Rearrange halfway through total baking time.) Continue baking 45 minutes longer. Cool 10 minutes in pan. Remove from pan(s)

continued



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They'll devour it in minutes, remember it for weeks. 'Cause its luscious goodness comes from **NONE SUCH®** *Mince Meat,* **JIFFY®** *Pie Crust Mix and you.*

Traditional Mince Pie

(Makes one 9-inch pie)

1 (9-ounce) package **JIFFY®** *Pie Crust Mix*
1 (28-ounce) jar **NONE SUCH®** *Ready-to-Use Mince Meat*
1 egg yolk plus 2 tablespoons water, optional

Preheat oven to 425°, place rack in lower half of oven. Prepare crust according to package directions for 2-crust pie. Turn mince meat into pastry-lined pie plate. Cover with top crust; cut slits near center. Seal and flute. For a more golden crust, mix egg yolk and water; brush over entire surface of pie. Bake 30 to 35 minutes or until golden brown.

Old-fashioned

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Then overwrap in foil. Store in a cool

place for at least 1 week, sprinkling with additional liqueur once. Makes 2 or 4 large loaves or 12 small loaves.

CHRISTMAS STRUDEL

	For 2	For 4
all-purpose flour	1½ cups	3 cups
salt	¼ tsp.	½ tsp.
butter *or* margarine	¼ cup	½ cup
beaten egg yolk(s)	1	2
water	⅓ cup	⅔ cup
butter *or* margarine, melted	6 tbsp.	¾ cup
Mince-Fruit Filling *or* Cranberry Filling	(see recipes right)	
beaten egg white(s)	1	2

Stir together the flour and salt; cut in the ¼ cup (½ cup for 4) butter or margarine till crumbly. Mix together egg yolk(s) and water. Add to flour mixture, stirring till dough is moistened. Knead on lightly floured surface 5 minutes. (For 4, divide dough in half.) Cover; let stand 1 hour.

Meanwhile, prepare desired filling. Cover a large table with a floured cloth. On cloth, roll dough (use half of the dough for 4) to a 15-inch square. Brush with about 2 *tablespoons* of the melted butter. Let stand 10 minutes. Starting from middle of square, carefully work underneath dough, using backs of hands to gently stretch from one corner to the next till dough is paper thin, about 36 inches square. Brush with ¼ cup of the melted butter. Trim edges of dough. Spoon desired filling (half of the filling for 4) along one side about 6 inches from edge, leaving about a 3-inch empty space in the center of the dough. Gently fold the 6-inch piece of dough over filling, using cloth to help lift dough. Slowly and evenly raise the cloth behind filling, making dough roll away from you into a tight roll. Cut in half crosswise in the center of the empty space to form 2 rolls. Seal long edge of each roll and all ends. Place rolls on a lightly greased 15x10x1-inch baking pan, curving each slightly. Brush strudels with egg white. Bake at 350° for 45 to 50 minutes. (For 4, stretch and fill remaining strudel dough while first 2 are baking.) Remove from pan to rack. Cool. (For 4, bake and cool remaining 2 strudels.) Sift powdered sugar over, if desired. Makes 2 or 4.

MINCE-FRUIT FILLING

	For 2	For 4
prepared mincemeat	1⅓ cups	1 28-oz. jar (2⅔ cups)
sliced peeled apple *or* pear	2 cups	4 cups
finely shredded lemon peel	2 tsp.	4 tsp.

Combine mincemeat, fruit, and peel.

CRANBERRY FILLING

	For 2	For 4
fresh cranberries, chopped	1 16-oz. pkg.	2 16-oz. pkgs.
sugar	2 cups	4 cups
chopped pecans	½ cup	1 cup
ground cinnamon	1 tsp.	2 tsp.

Combine all ingredients.

PINEAPPLE-CURRANT SWEET ROLLS

	Number of Rolls	
	12	48
all-purpose flour	1½ cups	6 cups

continued

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Quick 'n Easy Fruitcake

(Makes one 9- or 10-inch fruitcake)

- 4 cups JIFFY® Baking (Biscuit) Mix
- 1 (28-ounce) jar NONE SUCH® Ready-to-Use Mince Meat
- 4 eggs
- ½ cup milk
- 3 tablespoons vegetable oil
- 2 cups (1 pound) mixed candied fruit
- 1 cup coarsely chopped walnuts
- ¼ cup light corn syrup
- 1 tablespoon hot water
- Glazed cherries or walnut halves, optional

Preheat oven to 325°. Generously spray with PAM® Cooking Vegetable Spray or grease and lightly flour a 9- or 10-inch fluted tube pan. In large bowl, combine baking mix, mince meat, eggs, milk, oil, candied fruit and nuts; mix well. Turn into prepared pan. Bake 1 hour and 10 to 15 minutes or until toothpick inserted near center comes out clean. Cool 15 minutes. Turn out of pan. Cool thoroughly. In small bowl, mix together corn syrup and water; brush over cake. Garnish with glazed cherries or walnuts if desired.



Helpful cooking hints from PAM®: PAM® Vegetable Spray is the low calorie, low fat, no cholesterol way to cook. Use PAM® in the regular spray can or the new, easy-to-use pump bottle.

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continued

Holiday traditions

	For 12	For 48
quick-cooking rolled oats	1¼ cups	5 cups
active dry yeast	1 pkg.	2 pkgs.
ground cardamom	½ tsp.	2 tsp.
water	½ cup	2 cups
milk	⅓ cup	1⅓ cups
butter *or* margarine	6 tbsp.	1½ cups
honey	¼ cup	1 cup
salt	½ tsp.	2 tsp.
egg(s)	1	4
finely shredded lemon peel	1 tsp.	4 tsp.
currants	½ cup	2 cups
chopped candied pineapple	⅓ cup	1⅓ cups
sifted powdered sugar	1 cup	4 cups
milk	1 to 2 tbsp.	⅓ to ½ cup

In large mixer bowl combine *¾ cup* (*3 cups* for 48) of the flour, the oats, yeast, and cardamom. Heat together water, the ⅓ cup (1⅓ cups for 48) milk, butter or margarine, honey, and salt just till warm (115° to 120°), stirring till butter almost melts. Add to dry ingredients; add egg(s) and lemon peel. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. (For 48, turn batter into a larger bowl.) By hand, stir in remaining flour, currants, and pineapple. Cover; let rise in warm place till almost double, 40 to 45 minutes for 12 *or* 1 hour to 1¼ hours for 48. Stir down. Fill greased muffin pans about ⅔ full. Let rise in warm place till double, 25 to 35 minutes. (For 48, if you do not have enough muffin pans, refrigerate half the batter, covered, while baking other half.) Bake at 425° about 10 to 15 minutes. (If using 4 muffin pans, arrange 2 pans on each shelf; rear-

Cool Whip® and Jell-O® BRAND gelatin introduce the 8-minute light 'n fruity pie.

GENERAL FOODS

range after 6 or 8 minutes.) Cool slightly; remove from pans. Cool till warm.

Meanwhile, combine powdered sugar and enough of the remaining milk to make an icing of dipping consistency. Dip rolls in icing. Let dry on a rack over waxed paper. Makes 1 or 4 dozen.

COOKIE/CANDY PARTY

OATMEAL CHRISTMAS ROUNDS

1 cup butter *or* margarine
1 cup packed brown sugar

• • •

1 egg
½ teaspoon vanilla
2 cups all-purpose flour
1 teaspoon ground cinnamon
½ teaspoon baking soda
½ teaspoon salt
1½ cups quick-cooking rolled oats
⅓ cup granulated sugar
Candied cherries, halved

Cream butter or margarine and brown sugar with electric mixer till fluffy. Beat in egg and vanilla extract till well blended. Stir together all-purpose flour, ground cinnamon, soda, and salt. Stir into creamed mixture. Blend in oats. Shape dough into small balls; roll in granulated sugar. Place on an ungreased cookie sheet. Press a candied cherry half on each cookie. Bake at 375° for 10 to 12 minutes. Makes 5 dozen.

BUTTERSCOTCH-PEANUT FUDGE

1 12-ounce package butterscotch pieces
1 14-ounce can *sweetened condensed* milk
1½ cups tiny marshmallows
⅔ cup chunk-style peanut butter
1 teaspoon vanilla
1 cup chopped peanuts

In saucepan combine butterscotch pieces, milk, and marshmallows. Stir over medium heat till marshmallows melt. Remove from heat; beat in peanut butter, vanilla, and dash *salt*. Stir in nuts. Pour into buttered 9x9x2-inch pan. Chill. Cut in squares. Store in refrigerator. Makes 4 dozen.

continued

Melt-in-your-mouth pies made with COOL WHIP® Topping and any flavor JELL-O® BRAND Gelatin. So light. So refreshing. So quick and easy.



Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.



Using wire whisk, blend in Cool Whip® non-dairy whipped topping; then whip until smooth.



Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 3 hours. Garnish, if desired.

Light 'n Fruity Pie
1 package (3 oz.) JELL-O® Brand Gelatin, any flavor
⅔ cup boiling water
2 cups ice cubes
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
Fruit (optional)*
1 packaged graham cracker crust
*Suggested Fruits:
1 cup whole raspberries, blueberries, diced orange sections, strawberries, or banana
1 can (8¼ oz.) apricots, sliced peaches, or fruit cocktail, drained and diced
1 can (8¼ oz.) crushed pineapple, drained



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continued

Holiday traditions

BROWN SUGAR-ALMOND BARS

½ cup butter *or* margarine, softened
½ cup sifted powdered sugar
1 cup all-purpose flour
3 tablespoons butter *or* margarine
½ cup packed brown sugar
¾ teaspoon lemon juice
¾ cup sliced almonds
¾ teaspoon vanilla

Cream together the ½ cup butter or margarine and powdered sugar with electric mixer. Add flour; mix well. Pat into an ungreased 9x9x2-inch baking pan. Bake at 350° for 12 to 15 minutes. Melt remaining butter. Add brown sugar, 1 tablespoon *water,* and lemon juice; bring to boiling, stirring constantly. Remove from heat; stir in almonds and vanilla. Spread over crust. Bake 15 to 20 minutes more. Cool. Cut in bars while warm. Makes 2 dozen.

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Herb teas have become very popular. And Celestial Seasonings is the reason. From the very start, we at Celestial Seasonings have gathered herbs from the forests, canyons and valleys of the world and blended them into the great tasting teas you see on this page. We're proud of these teas. And we're proud of our new boxes. Boxes with outsides that give you a taste of what's inside. Twelve varieties. All delicious. All natural. Tea doesn't have to be boring.



CELESTIAL SEASONINGS

SANTA CLAUS COOKIES

1 cup granulated sugar
¾ cup butter *or* margarine
2 eggs
1 teaspoon vanilla
3 cups all-purpose flour
1 teaspoon baking powder
Cherry-flavored round hard candies
Green gumdrops, sliced
Pearl sugar

Cream sugar and butter or margarine. Add eggs and vanilla; beat till fluffy. Stir together flour, baking powder, and 1 teaspoon *salt;* blend into creamed mixture. Cover; chill 1 hour.

Divide dough in quarters. On floured surface roll one portion of dough to a 9½-inch circle. Invert a 9-inch cake pan atop dough; trim edges. With a knife, cut circle into 8 wedges. Transfer wedges to lightly greased cookie sheet. Lift tip of each wedge and fold over to the left about 1 inch from top to form Santa's hat. Place one cherry-flavored candy near the center of the wedge to form a mouth. Use gumdrops for eyes. Brush bottom edge of triangle, the edge of the hat, and the tip of the hat lightly with water. Sprinkle with pearl sugar to form fur on hat and beard. Bake at 375° for 8 to 10 minutes. Cool 1 minute before removing from cookie sheet to wire rack. Cool. Repeat with remaining dough. Makes 32.

MARSHMALLOW BALLS

6 1¾-ounce chocolate-coated English toffee bars, broken up
1 14-ounce can *sweetened condensed* milk
¼ cup butter *or* margarine
48 marshmallows
1 cup crisp rice cereal, coarsely crushed

In saucepan combine toffee bars, milk, and butter or margarine. Cook over medium heat about 20 to 25 minutes till toffee is melted, stirring often. Cool slightly. Dip marshmallows in toffee mixture. Roll in cereal. Dry on waxed paper. Makes 4 dozen.

CHERRY-CHOCOLATE CUPS

1 cup sugar
¾ cup butter *or* margarine
1 egg
1 teaspoon vanilla
1¾ cups all-purpose flour
1¼ teaspoons baking powder

continued



ıtasy Fudge | Mint Fantasy | Peanut Brittle Fantasy

Choose your Fantasy

Now you can get the famous creaminess of Fantasy Fudge three different ways. Here's how.

FANTASY FUDGE

- 3 cups sugar
- ¾ cup Parkay margarine
- ⅔ cup (5⅓ fl. oz. can) evaporated milk
- 1 12-oz. pkg. semi-sweet chocolate pieces
- 1 7-oz. jar Kraft marshmallow creme
- 1 cup chopped nuts
- 1 teaspoon vanilla

Combine sugar, margarine and milk in a heavy 2½-quart saucepan; bring to rolling boil, stirring constantly. Boil 5 minutes over medium heat or until candy thermometer reaches 238°, stirring constantly to prevent scorching. Remove from heat; stir in chocolate pieces until melted. Add marshmallow creme, nuts and vanilla; beat until well blended. Pour into greased 13 x 9-inch pan. Cool; cut into squares. Makes 3 pounds.

MINT FANTASY

Add 1 cup Kraft party mints or butter mints; omit nuts.

PEANUT BRITTLE FANTASY

Add 1 cup Kraft peanut brittle, crushed; omit nuts.

For more recipe ideas, send for our free marshmallow creme recipe booklet. Write to: Kraft Marshmallow Creme Recipes, P.O. Box 371, Chicago, Illinois 60677. Allow four to six weeks for delivery. Offer good while supplies last.

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Look for Kraft marshmallow creme in the baking or toppings section of your supermarket.



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Menthol: 15 mg "tar," 1.0 mg nicotine av. per cigarette by FTC Method

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Holiday traditions

¼ cup chopped walnuts
1 1-ounce square unsweetened chocolate, melted
32 maraschino cherries, drained and halved

Cream together sugar and butter or margarine. Beat in egg and vanilla. Stir together flour, baking powder, and ½ teaspoon *salt*. Stir into creamed mixture; mix well. Divide dough in half. To *one half* add nuts and chocolate. Press a rounded teaspoon of chocolate mixture into the bottom and up sides of ungreased 1¾-inch muffin cups. Place a cherry half in the center of each cup. Top with a rounded teaspoon of the remaining white dough and another cherry half. Bake at 375° for 15 to 20 minutes. Makes 32.

EASY PULL-LATER TAFFY

1 cup sugar
¾ cup light corn syrup
2 tablespoons butter *or* margarine
1 teaspoon peppermint extract
Few drops red *or* green food coloring

Butter sides of a heavy 2-quart saucepan. In pan stir together sugar, corn syrup, ½ cup *water*, and ½ teaspoon *salt*. Add butter or margarine. Cook over medium heat, stirring constantly, till mixture boils and sugar is dissolved. Attach candy thermometer. Cook without stirring till candy thermometer registers 248°. Remove from heat. Stir in peppermint extract and food coloring. Pour into a buttered 8x8x2-inch pan. Let stand till cool enough to handle. With buttered hands shape into ball. Return to baking pan, allowing the ball to flatten naturally. When it is cold, wrap in clear plastic wrap. Store overnight or up to 2 weeks at room temperature.

Unwrap taffy and place in a well-buttered 8x8x2-inch baking pan. Bake at 300° about 6 minutes or till just heated. Remove and let stand 5 minutes or till cool enough to handle. With buttered hands, pull taffy till light in color. Pull into long strips. Snip in 2-or 3-inch pieces. Wrap in clear plastic wrap. Makes ¾ pound.

PEPPERMINT BONBONS

1 pound confectioners' coating for dipping
½ cup whipping cream
1¼ teaspoons peppermint extract
Crushed peppermint candies

Melt coating over low heat. Stir in cream and extract. Beat at high speed of electric mixer till smooth. Chill in freezer 20 to 30 minutes or till candy is stiff enough to be shaped. Form into balls, using 2 teaspoons candy for each. Roll in crushed candies. Store in refrigerator. Makes 3½ dozen.

ROOT BEER POPCORN BALLS

14 cups popped corn
1 cup salted peanuts
1 cup sugar
½ cup light corn syrup
¼ cup butter *or* margarine
1 teaspoon root beer extract

In a large buttered bowl combine popped corn and peanuts; set aside. Butter the sides of a 2-quart saucepan. In

continued



fresh, as if J. L. Kraft had delivered it himself.

There's freshness inside! That's why the Kraft wagon is on every package of Kraft natural cheddar and colby. Each one comes brimming with the fresh cheese taste that adds unexpected flavor to the crust of an apple-cranberry cobbler. In the clear wrapper or in the traditional wax-dipped package, Kraft mild or sharp cheddar or Kraft colby lives up to the freshness that J. L. Kraft delivered himself.

America spells cheese KRAFT.

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continued

Holiday traditions

saucepan combine 2 cups *water,* sugar, corn syrup, butter or margarine, extract, and ¼ teaspoon *salt.* Attach candy thermometer to side of pan. Cook and stir till sugar dissolves and candy thermometer registers 238° (soft-ball stage). Pour over popped corn and stir to coat. Let mixture stand 8 to 10 minutes or till easily handled. Butter hands lightly. Stir to distribute peanuts. Shape into 3-inch balls. Wrap in clear plastic wrap. Makes 1 dozen.

BROWN SUGAR SNAPPERS

6 tablespoons butter *or* margarine
⅓ cup shortening
⅔ cup packed brown sugar
1 egg
1 teaspoon vanilla
1¾ cups all-purpose flour
½ teaspoon baking powder
½ teaspoon baking soda
Pecan halves
Assorted candy*
1 6-ounce package semisweet chocolate pieces, melted

Cream together butter or margarine, shortening, and brown sugar with electric mixer till light and fluffy. Beat in egg and vanilla. Stir together the flour, baking powder, soda, and ¼ teaspoon *salt;* add to creamed mixture. Mix well. Chill dough thoroughly. On an ungreased cookie sheet, arrange pecan halves in groups of 4 to form feet of turtle. Roll dough into 1-inch balls. Press a ½-inch square of candy bar or a few pieces of small candies into the center of each ball; roll dough around candy. Place a ball of dough atop each group of nuts. Bake at 325° for 15 to 20 minutes. Cool 1 minute. Remove from cookie sheet; cool on rack. Spread with chocolate. Makes 4 dozen.

*Note: The candies that work best for these cookies are chocolate-covered nougat bars with peanuts or caramel, candy-coated chocolate candies, and chocolate-coated caramel candies.

WHOLE WHEAT GINGERBREAD MEN

1 cup butter *or* margarine
1 cup packed brown sugar
1 egg
⅓ cup light molasses
1 tablespoon finely shredded orange peel
2 tablespoons orange juice
3 cups all-purpose flour
1 cup whole wheat flour
2 teaspoons ground cinnamon
1 teaspoon ground ginger
½ teaspoon baking soda
½ teaspoon ground cloves

• • •

1 8-ounce package cream cheese, softened
2 to 3 tablespoons honey
Raisins, chopped dried apricots, currants, *or* other dried fruits

Cream together butter or margarine and brown sugar. Add egg; beat till light and fluffy. Add molasses, orange peel, and orange juice; mix well. Stir together flours, cinnamon, ginger, soda, ½ teaspoon *salt,* and cloves. Stir into creamed mixture. Chill.

On a lightly floured surface roll dough to a ¼-inch thickness. Cut with a gingerbread man cookie cutter. Place cookies 1-inch apart on an ungreased cookie sheet. Bake at 375° for 8 to 10 minutes. Cool 1 minute; remove to wire rack. To decorate, mix cream cheese and honey till of piping consistency. Using a pastry tube and tip, pipe icing onto cookies. Use dried fruit for face, buttons, and other decorations. Store in refrigerator. Makes 24.

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BLUE DIAMOND

The Nutsnacker.

Toast the season's riches with this snappy new spread. Formed in a nutshell of crisp, crunchy Blue Diamond® Almonds and made especially creamy with KRAFT Real Mayonnaise. As a holiday appetizer, its flavor is so scrumptious your guests will go simply nutty.

ALMOND PINECONES

- 1-1/4 cups BLUE DIAMOND® Whole Natural Almonds
- 1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese
- 1/2 cup KRAFT Real Mayonnaise
- 5 crisply cooked bacon slices, crumbled
- 1 tablespoon chopped green onion
- 1/2 teaspoon dill weed
- 1/8 teaspoon pepper

Spread almonds in a single layer in shallow pan. Bake at 300°, 15 minutes, stirring often, until almonds just begin to turn color.

Combine softened cream cheese and mayonnaise; mix well. Add bacon, onion, dill and pepper; mix well. Cover; chill overnight. Form cheese mixture into shapes of two pinecones on serving platter. Beginning at narrow end, press almonds at slight angle into cheese mixture in rows. Continue overlapping rows until all cheese is covered. Garnish with artificial pine sprigs. Serve with crackers. 1-1/2 cups.



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begins on page 95

Christmas crafts

CHRISTMAS KNITS

All of the knits shown on pages 95-99 feature motifs from just two design groups. The over-the-knee socks feature all the patterns, while designs in the mittens, mufflers, stocking caps, and sweater are adaptations or segments of the motifs used in the socks.

Although designs vary, instructions for mittens, socks, mufflers, and caps are similar. Consequently, directions are grouped together. To use the instructions, first find the project (mittens, for example). Work according to general instructions for both designs, then follow specific directions for design group 1 or 2 until general directions for both designs resume.

Knitting and crochet abbreviations for all of the patterns shown in this issue are given below:

beg	begin (ning)
ch	chain
dc	double crochet
dec	decrease
hdc	half double crochet
inc	increase
k	knit
MC	main color
p	purl
pat	pattern
psso	pass slip st over
rem	remaining
rep	repeat
rnd	round
sc	single crochet
sk	skip
sl st	slip stitch
sp(s)	space(s)
st(s)	stitch(es)
st st	stockinette stitch
tog	together
yo	yarn over
*	repeat from * as indicated

Materials: *For design group 1*—Bernat "Berella," 4-ply knitting worsted in pumpkin (color A), brown (B), honey gold (C), and medium orange (D). If you prefer gold for the MC, exchange colors A and C. For each complete set of cap, muffler, socks, and mittens, use five (4-oz.) skeins of A, 1 skein each of B and C, and 2 of D. For cap, muffler, and mittens, use 1 skein each of B, C, and D, and 3 (child's) or 4 (adult's) of A. For socks, use 2 skeins of A and 1 each of B, C, and D.

For design group 2—Bernat "Berella 4," in natural (A), scarlet (B), honeydew green (C), and hunter green (D). For a complete set of cap, muffler, socks, and mittens, use six (4-oz.) skeins of A and 1 each of B, C, and D. Each cap (any size) requires 1 skein of A; each muffler, 3 skeins of A; each pair of socks, 2 skeins of A.

Other yarns of similar weight and bulk may be substituted for Bernat "Berella 4," although texture and yardages may vary. Some suggestions are: Brunswick Germantown; Bucilla Win-Tot; Coats and Clark Wintuk; Columbia Minerva Nantuk; Lion Brand Pamela; Unger Roly Poly; and Reynold's Renelle yarns.

Before using alternative yarns, check your gauge (see below); make any necessary changes in needle sizes to obtain correct gauge.

For needle sizes, see specific project directions that follow.

Gauge (all projects): 5 sts = 1 inch; 6 rows = 1 inch on size 7 needles, or 13 rows = 2 inches on size 6 needles.

MITTENS

Materials: For yarn, see left; sizes 5 and 7 knitting needles, or size needed to obtain gauge.



Instructions:

Directions are for children's sizes 2-4. Changes for children's size 6-8, and 10-12, and women's and men's sizes, are in parentheses.

Right mitten:

For both designs—with size 5 needles, cast on 21 (25, 29, 33, 37) sts, using color A.

Row 1: K 1, * p 1, k 1; rep from * to end of row. *Row 2:* P 1, * k 1, p 1; rep from * to end of row. Rep rows 1 and 2 for ribbing until piece measures 2½ inches. Change to size 7 needles. K across next row, inc 6 sts evenly spaced —27 (31, 35, 39, 43) sts. P next row; work remainder of mitten in st st (k 1 row, p 1 row).

For design 1—work in color A until 4 (4, 4, 6, 6) rows above ribbing are complete. Then begin thumb gusset.

For design 2—using color A, work 2 (1, 3, 3, 1) rows above ribbing. Beg following chart (page 168), using B as indicated. Work 4 (4, 4, 6, 6) rows above ribbing; make thumb gusset (below). Until thumb has been completed, follow chart across only 13 (15, 17, 19, 21) sts to right of thumb gusset, and across 12 (14, 16, 18, 20) sts to left of thumb gusset. While working on thumb gusset, attach separate strand of color B at left of thumb gusset.

Thumb gusset for both designs:

Row 1: K 13 (15, 17, 19, 21) sts, inc 1 st in each of next 2 sts, k 12 (14, 16, 18, 20) sts. *Row 2:* P. *Row 3:* K 13 (15, 17, 19, 21) sts, inc 1 st in next st, k 2, inc 1 st in next st, k 12 (14, 16, 18, 20) sts. *Row 4:* P.

For design 1 — sizes 6-8, 10-12, women's and men's only. *Row 5:* K (15, 17, 19, 21) sts, inc 1 st in next st, k 4, inc 1 st in next st, k (14, 16, 18, 20) sts. *Row 6:* P.

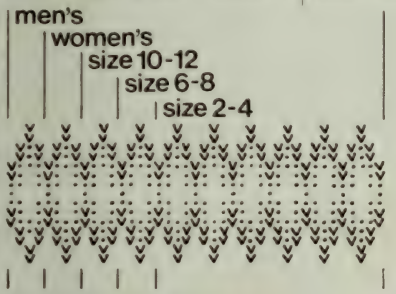
For sizes 10-12, women's and men's only. *Row 7:* K (17, 19, 21) sts, inc 1 st in next st, k 6, inc 1 st in next st, k (16, 18, 20) sts. *Row 8:* P.

For men's size only. *Row 9:* K 21 sts, inc 1 st in next st, k 8, inc 1 st in next st, k 20. *Row 10:* P.

Follow chart, left, for next 15 rows, including last 2 rows of thumb gusset. Work in colors B and C as indicated.

For last 2 rows of thumb gusset, follow chart across only 13 (15, 17, 19, 21) sts to right of thumb gusset and across 12 (14, 16, 18, 20) sts to left of thumb

continued



□ = color A
v = color B
• = color C

MITTENS: DESIGN #1

Salt, Pepper & Romano

Everyone will welcome the extra shake of flavor you can give a stuffed tomato with Kraft 100% grated romano. If a fuller, more robust seasoning is what you're after, this one's your choice.

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continued

Christmas crafts

gusset, using A elsewhere, and attach separate strand of B on left side of thumb gusset. On next row, k 13 (15, 17, 19, 21) sts, inc 1 st in next st, k 4 (6, 8, 8, 10) sts, inc 1 st in next st, k 12 (14, 16, 18, 20) sts. P across next row.

For design 2 (all sizes)—*Row 5:* K 13 (15, 17, 19, 21) sts, inc 1 st in next st, k 4, inc 1 st in next st, k 12 (14, 16, 18, 20) sts. *Row 6:* P.

For sizes 6-8, 10-12, women's and men's only. *Row 7:* K (15, 17, 19, 21) sts, inc 1 st in next st, k 6, inc 1 st in next st, k (14, 16, 18, 20) sts. *Row 8:* P.

For sizes 10-12, women's and men's only. *Row 9:* K (17, 19, 21) sts, inc 1 st in next st, k 8, inc 1 st in next st, k (16, 18, 20) sts. *Row 10:* P.

For men's sizes only. *Row 11:* K 21, inc 1 st in next st, k 10, inc 1 st in next st, k 20. *Row 12:* P.

Thumb for both designs—K 13 (15, 17, 19, 21) sts, place sts on right needle on yarn holder, k 8 (10, 12, 12, 14) sts across thumb; place rem 12 (14, 16, 18, 20) sts on another holder. Work in st st on 8 (10, 12, 12, 14) sts for 7 (9, 11, 13, 15) more rows. On next row k 2 tog across row. Cut off yarn; thread through needle. Cast off 4 (5, 6, 6, 7) sts by drawing threaded yarn through sts and working off needle. Draw thread tightly through sts, turn to wrong side, sew end securely, and sew thumb seam. Turn thumb right side out.

Place sts on holder to right of thumb on right needle; place sts on holder to left of thumb on left needle. K across sts on left needle.

For design 1—work next 12 rows in st st, following chart. Work 1 (5, 7, 11, 13) more rows, using only color A.

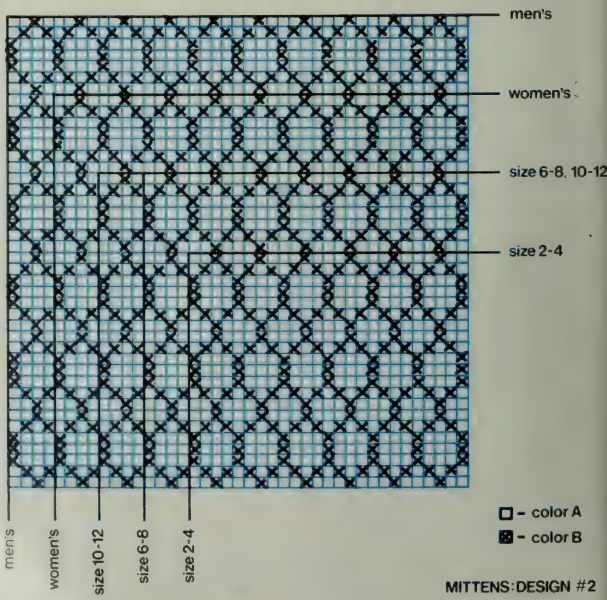
For design 2—work even on 25 (29, 33, 37, 41) sts through end of chart. Continue in st st, using only A for 1 (1, 3, 2, 1) more row.

For both designs—dec as follows: *Row 1:* K 2 tog, k 1, k 2 tog, * k 2, k 2 tog; rep from * to end of row. *Row 2:* P. *Row 3:* * K 1, k 2 tog; rep from * to end of row. *Row 4:* P. *Row 5:* K 2 tog across row.

Cut off sufficient yarn to sew seam. Cast off sts and finish main seam in same way as for thumb seam, tying off and weaving in ends.

Make left mitten same as right, except reverse shaping around thumb gusset.

continued



MITTENS: DESIGN #2

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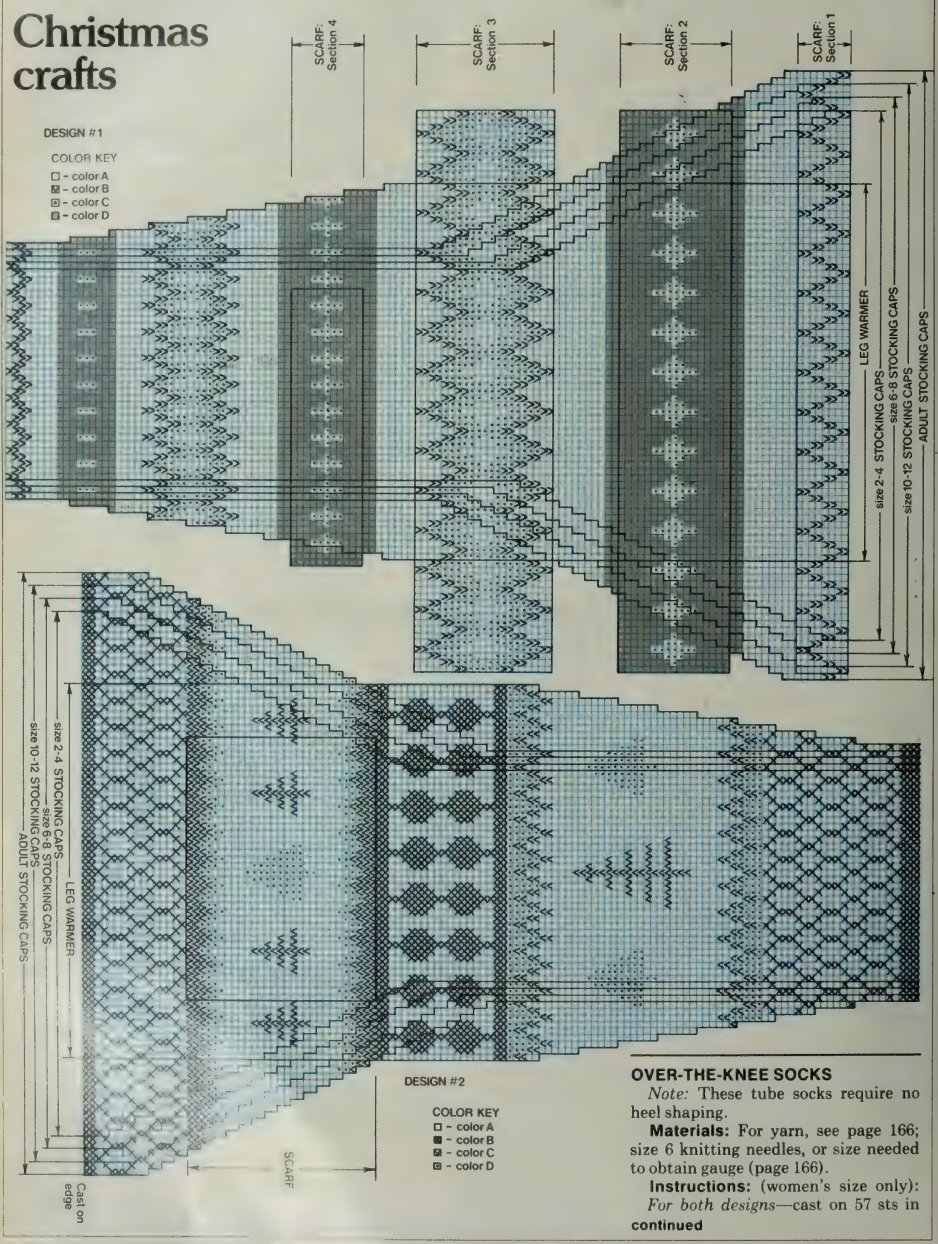
Also available in King Size and Box.

KING: 15 mg. "tar", 1.1 mg. nicotine. BOX: 19 mg. "tar", 1.2 mg. nicotine. 100's: 19 mg. "tar", 1.3 mg. nicotine, av. per cigarette, FTC Report MAY '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Christmas crafts



OVER-THE-KNEE SOCKS

Note: These tube socks require no heel shaping.

Materials: For yarn, see page 166; size 6 knitting needles, or size needed to obtain gauge (page 166).

Instructions: (women's size only): *For both designs*—cast on 57 sts in

continued

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Tender Chunks cuts and chews like lean meat.



Ordinary dry dog food is hard and crumbly.

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Let your dog choose the big bag dog food he really likes. We bet he goes for the Ken-L Ration Tender Chunks difference.



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continued

Christmas crafts

color A. Begin ribbing—*Row 1:* K 1, * p 1, k 1; rep from * across row. *Row 2:* P 1, * k 1, p 1; rep from * across. Rep rows 1 and 2 eight more times for 18 rows of ribbing.

For design 1—work in st st (k 1 row, p 1 row). After 7 rows beg following chart (page 170); use B, C, and D as indicated on chart.

For design 2—work in st st for 8 rows. Continuing in st st, beg following chart, working in B, C, and D as indicated. Attach a separate strand of yarn for each tree in the design.

For both designs—be careful to follow vertical lines that mark the part of the chart that applies to the socks. After 78 rows (see chart), dec 1 st (k 2 tog) at each end of every sixth row 9 times. Work even on 39 sts to end of chart. Work 50 more rows (7½ inches) of st st in A. Shape toe as follows:

Row 1: K 19, k 2 tog, k 18. *Row 2:* P.

Row 3: K 8, k 2 tog, sl 1, k 1, psso, k 14, k 2 tog, sl 1, k 1, psso, k 8. *Row 4:* P.

Row 5: K 7, k 2 tog, sl 1, k 1, psso, k 12, k 2 tog, sl 1, k 1, psso, k 7. *Row 6:* P.

Row 7: K 6, k 2 tog, sl 1, k 1, psso, k 10, k 2 tog, sl 1, k 1, psso, k 6. *Row 8:* P.

Row 9: K 5, k 2 tog, sl 1, k 1, psso, k 8, k 2 tog, sl 1, k 1, psso, k 5. *Row 10:* P.

Row 11: K 4, k 2 tog, sl 1, k 1, psso, k 6, k 2 tog, sl 1, k 1, psso, k 4. *Row 12:* P.

Row 13: K 3, k 2 tog, sl 1, k 1, psso, k 4, k 2 tog, sl 1, k 1, psso, k 3.

Row 14: Cast off 14 sts as if to p.

Finishing: Tie off and weave in ends. Sew seam from wrong side. If necessary insert elastic in turned-down ribbing. Sew toe opening.

Make second sock same as first.

MUFFLERS

Finished size is approximately 8½x 60 inches, excluding fringe.

Materials: For yarn, see page 166; size 7 knitting needles, or size needed to obtain gauge (page 166); size 7 crochet hook.

Instructions:

For both designs—use st st (k 1 row, p 1 row) for entire muffler.

For design group 1—using size 7 needles, cast on 85 stitches with color A. Work in st st for 6 rows. Follow section 1 of pattern chart (page 170) for next 8 rows, using B as indicated. Work next 6 rows in A.

Follow section 2 of chart for next 17 rows, using C and D as indicated. Work next 6 rows in A.

Follow section 3 for next 21 rows, using B and C as indicated. Work next 4 rows in A.

Work section 4 as follows: Work 3 rows in D. Then, beg at left side of segment marked on chart, work row 4 of section 4 across first half of row; rep pat seq across remainder of row. P 1 in color D, k 1 in D, then, beg at right side of segment marked on chart, work row 5 across first half of row; rep pat seq across rem of row. Work row 6 same as row 4, row 7 same as row 5, and row 8 same as row 4. Work last 3 rows in D.

Continue working in A until scarf measures 47 inches (or 13 inches less than desired length). Follow pat directions above in reverse order (work section 4 first, then 3, etc.), ending with 6 rows in A. Cast off all sts.

For design group 2—with size 7 needles, cast on 80 sts using color A. Work in st st for 10 rows. Work 5 rows of B, then 5 rows of A.

continued

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Instructions:

For both designs—directions are for children's sizes 2-4. Changes for children's sizes 6-8, 10-12 and adult size are in parentheses.

Cast on 64 (68, 72, 76) sts in color A. Beg ribbing: *Row 1:* * K 1, p 1; rep from * across row. Rep row one 17 more times, for 18 rows of ribbing. K next row, inc 16 sts evenly spaced until you have 80 (84, 88, 92) sts. P next row. Work 10 rows above ribbing in st st.

Continuing in st st, beg following chart, working in B, C, and D as indicated. (For design group 2, attach a separate strand of yarn for each tree.) Follow vertical lines that apply to the size you have chosen; dec 1 st at each end of row (K 2 tog) where indicated. At end of chart, working even on 32 (34, 36, 38) sts, work 27 more rows in st st, using color A. Then dec as follows:

Row 1: K 6 (7, 7, 8), k 2 tog, sl 1, k 1, psso, k 12 (12, 14, 14), k 2 tog, sl 1, k 1, psso, k 6 (7, 7, 8). *Row 2:* P.

Row 3: K 5 (6, 6, 7), k 2 tog, sl 1, k 1, psso, k 10 (10, 12, 12), k 2 tog, sl 1, k 1, psso, k 5 (6, 6, 7). *Row 4:* P.

Row 5: K 4 (5, 5, 6), k 2 tog, sl 1, k 1, psso, k 8 (8, 10, 10), k 2 tog, sl 1, k 1, psso, k 4 (5, 5, 6). *Row 6:* P.

Row 7: K 3 (4, 4, 5), k 2 tog, sl 1, k 1, psso, k 6 (6, 8, 8), k 2 tog, sl 1, k 1, psso, k 3 (4, 4, 5). *Row 8:* P.

Row 9: K 2 (3, 3, 4), k 2 tog, sl 1, k 1, psso, k 4 (4, 6, 6), k 2 tog, sl 1, k 1, psso, k 2 (3, 3, 4). *Row 10:* P.

Row 11: K 1 (2, 2, 3), k 2 tog, sl 1, k 1, psso, k 2 (2, 4, 4), k 2 tog, sl 1, k 1, psso, k 1 (2, 2, 3).

Finishing: Cut off yarn, leaving long thread. Thread yarn through needle and cast off 8 (10, 12, 14) sts by drawing threaded yarn through sts and working off knitting needle.

continued

continued

Christmas crafts

Turn chart *upside down,* and (beg at bottom of chart and working up) on next row beg following segment marked off for muffler, working in C and D as indicated. Rep each row of the segment twice per row (across first and second halves of row) for 29 rows. Attach a separate strand of yarn for each tree in design.

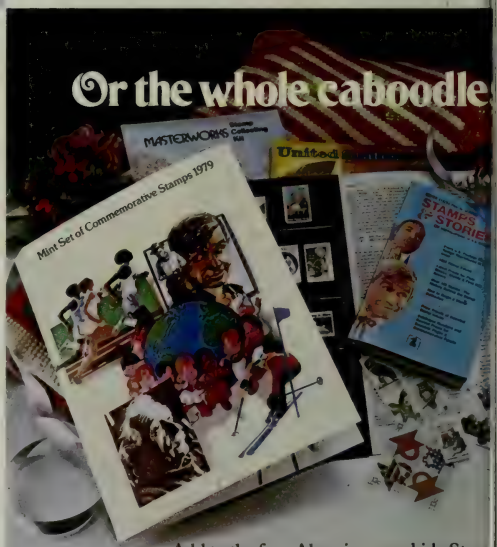
Work 4 rows in A, then 4 rows in B. Continue in A, ending with a p row, until scarf measures 50½ inches (or 9½ inches shorter than desired length). Work 4 rows in B, then 4 rows in A. Holding chart right side up and working each row of segment twice per row as before, beg at bottom of chart and work up for 29 rows. Work 5 rows of A, 5 rows of B, and 10 rows of A. Cast off all sts.

Finishing for both designs—tie off and weave in ends. Press with steam iron. With right side out, fold in half lengthwise and carefully line up sts on one end. Beg at folded side of end, using color A (design 1) or B (design 2) and crochet hook, and working through 1 st each on bottom and top, sc once in every stitch around entire edge.

For fringe, cut 5-inch length of cardboard. Wind color B (for design 1) or A (for design 2) around cardboard and cut along 1 end. Fringe requires about 184 strands of yarn. Using 4 strands at a time, knot fringe in every other sc st on both ends of scarf. Gently steam press fringe; trim ends.

STOCKING CAPS

Materials: For yarn see page 166; size 7 knitting needles, *or size needed to obtain gauge* (page 166).



Add to the fun. Also give your kids *Stamps & Stories*. A fascinating encyclopedia of stamp collecting with 100 stories about U.S. stamps. $3.50.

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continued

Christmas crafts

Tie off and weave in ends. Press carefully with steam iron. Draw thread tightly through sts, turn to wrong side, sew end securely, and sew up seam.

Make yarn tassel in B (design 1) or A (design 2) and sew to end of cap.

To order free instructions for sweater (page 97) in three sizes, see page 181.

SNOWMAN STOCKING

To order a kit for the Snowman stocking, see page 181.

Note: finished size is 12x18 inches.

Materials: 16x22 inches #10 needlepoint canvas; 16x22 inches quilted backing fabric; 32 inch strands of 5-ply Persian yarn in the following amounts and colors: 10 dark red, 18 light red, 10 dark green, 20 light green, 10 dark blue, 25 light blue, 3 yellow, and 10 light orange; 32-inch strands of 3-ply yarn in the following amounts and colors: 50 white, 12 black, 4 yellow, 1 pink, 15 dark orange; tapestry needle.

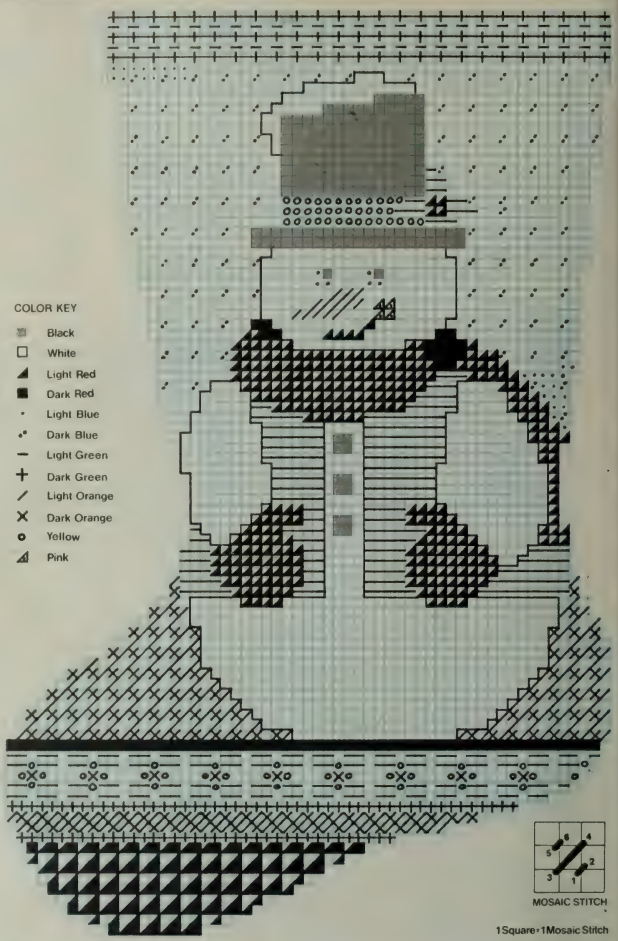
Instructions:

1. Work charted design, *right,* in mosaic stitch using 3 plies of yarn. Leave 2 inches of unworked canvas all around the design.

2. Block finished needlepoint by steam pressing with warm iron on wrong side. Trim excess canvas ½ inch beyond edge of needlepoint. Cut back to match front.

3. With right sides facing, sew back to front. Clip curves, turn, and press. Sew 2-inch-wide facing to stocking top; turn to inside.

4. Bind edge of stocking (over seam) with twisted cord made of remaining red yarn. Add hanging loop at top.



MEOW-Y CHRISTMAS PROJECTS

To order full-size transfer patterns for cat ornaments and quilt, see page 181.

The 10 cat patterns on page 184 are used in various sizes and combinations for each of the projects shown on pages 100-101. Patterns are meant to be used also as embellishments on gifts for your home or family and friends. For example, use them for curtains, tea towels, tote bags, pocket trims—whatever fancy dictates.

You can increase the number of different patterns and poses to use for your projects by flopping each pattern so features and positions of tails are reversed, and by changing the position of the pupils on each cat, so eyes look up, down, left, or right.

All projects are worked on muslin or natural-colored fabric. Use light- to medium-weight fabric for ornaments and small projects; use a heavier weight, sturdily woven fabric for the large stuffed cat pillows and toys.

To embroider, use 3 to 6 strands of embroidery floss in dark red or color of your choice. Work designs in chain or outline stitches, except use satin stitches for pupils of cats' eyes. Add ribbon bows and small bells to enliven projects.

For ornaments, embroider designs on muslin, then stitch embroidered fronts to matching backs ¼ inch beyond outlines and stuff. Embellish with a bow and bell tacked to cats' necklines.

For a tree skirt, embroider designs around the edge of a 44-inch square of natural-colored fabric. (Refer to photograph for design ideas.) Bind edges of

continued

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4. Stitch 3-inch-wide (add ½-inch seam allowances) sashing strips between blocks and rows. Then add 6-inch-wide borders (add seam allowances) to top, bottom, and sides. Cut back to match front.

5. Sandwich batting between front and back; quilt around squares. Bind edges of quilt using purchased binding or bias strips cut from remaining print. Embellish cats' necklines with ribbon bows in assorted colors. Tie bows on small safety pins so they are removable for washing.

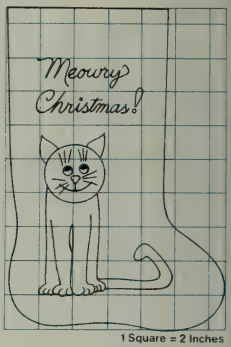
CAT STOCKING

Materials: 1 yd. muslin; print fabric; red floss; 1 yd. 1½-inch-wide ribbon; 12 inches 1-inch-wide ribbon; bell; batting.

Instructions:

1. Enlarge pattern on right; trace onto muslin and embroider, using 3 strands of floss.

2. Cut out stocking, adding ½-inch seam allowance. Cut back, lining, and batting (2 pieces) to match front. Sandwich batting between face and lining pieces; stitch. Bind raw edges of stocking with print fabric. Add 2-inch-wide cuff at top. Embellish with ribbons and bell.



1 Square = 2 Inches

continued on page 184

continued

Christmas crafts

the cloth with print fabric, making a 2-inch-wide border.

For pillows and toys, enlarge designs using a scale of 1 square = 2, 3, or 6 inches (for medium, large, or huge cats). Embroider the designs, then sew into pillows or toys, stitching backs to fronts ½ inch (for medium and large cats) or 1 inch (for huge cat) beyond embroidered outlines.

For a wall hanging, stitch a cat onto a muslin square, add a favorite saying (ours is "A cat is/a cat/and that/is that!"), trim with a wide print border, and quilt.

CAT QUILT

Finished size is 70x84 inches.

Materials: 2⅔ yds. muslin; 12 skeins of red embroidery floss; 3½ yds. red print fabric for sashing strips and borders; 4 yds. backing fabric; 70x85 inches quilt batting; 9⅔ yds. of 1½inch-wide bias binding; 7 yds. grosgrain ribbon in assorted colors; safety pins.

Instructions:

1. Enlarge cat designs (page 184) using a scale of 1 square = 2 inches. Make one copy of each design as shown, then reverse (R) each design to obtain the complete set of 20 quilt squares.

2. Cut twenty 13x13-inch muslin squares. Trace each design in center of square; embroider using 3 strands floss.

3. Arrange completed squares in 5 rows of 4 squares each as follows (left to right): *Row 1:* Cats 1, 2, 3R, 1R. *Row 2:* Cats 4, 3, 5, 6R. *Row 3:* Cats 7R, 8R, 9R, 7. *Row 4:* Cats 6, 5R, 2R, 4R. *Row 5:* Cats 10, 9, 8, 10R.



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Just remember to have them *both* back for New Year's Eve.



California Avocado Gift Wrap

2 California Avocados, peeled and quartered
8 thin slices of ham
8 lemon wedges
Fold ham slices in half lengthwise and wrap around avocado quarters. Secure with picks. Serve with a splash of lemon. 8 servings.

California Avocado Holiday Hors d'oeuvre

Put California Avocado cubes on toothpicks and secure with shrimp, olives, cherry tomatoes, cheese and other [illegible]. Make plenty—they go fast!

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California Avocado Commission

LE DOMAINE CHAMPAGNE

© Caves du Domaine, San Jose, California 1979

A classic German pancake

This puffy pancake is more than a mouthful, and so is the German name—"Apfelpfannkuchen," meaning apple pancake. Serve it with sausage and lemon-spiked tea for a hearty Bavarian meal.

GERMAN APPLE PANCAKE

This pancake is so moist and sweet, you won't need the maple syrup—

- 1 tablespoon granulated sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon butter *or* margarine
- 2 large cooking apples, peeled, cored, and cut into ¼-inch-thick slices
- ⅓ cup raisins
- ¼ cup apple brandy, apple cider, *or* apple juice

• • •

- 1 tablespoon butter *or* margarine
- 3 eggs
- ½ cup all-purpose flour
- ½ cup milk
- 1 tablespoon granulated sugar
- ⅛ teaspoon salt

• • •

Powdered sugar *or* brown sugar



Photograph: Dieter

In a small bowl combine the first tablespoon granulated sugar and the cinnamon; set aside.

In a small skillet melt the first tablespoon butter or margarine; add apple slices, raisins, and brandy. Sprinkle with the sugar-cinnamon mixture; cook and stir the apples 3 to 4 minutes or just till tender. Remove from heat; drain.

In a 10-inch oven-going skillet melt the second tablespoon butter or margarine; set aside.

In a deep narrow mixer bowl beat eggs at high speed of electric mixer till foamy. Gradually add flour alternately with milk, beating at high speed till well blended. Add the second tablespoon granulated sugar and the salt; continue beating 3 minutes more. Pour mixture into buttered skillet. Bake, uncovered, in 425° oven for 10 minutes.

Immediately spoon *drained* fruit mixture into center of pancake; return to oven and bake 10 to 15 minutes longer or till puffed and golden brown.

Sprinkle with powdered sugar or brown sugar. Using two spatulas, remove pancake to a heated platter or serve from skillet. Cut pancake into wedges; serve immediately. Makes 2 or 3 servings.

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From our Private Collection



When most gifts are going under the tree, here are two gems that will grace your table for the holidays—and other days during the year.

Coconut Joys

1/2 cup (1 stick) butter or margarine
2 cups C and H Powdered Sugar
3 cups coconut (8 oz.)
2 squares (2 oz.) unsweetened chocolate, melted

Melt butter in sauce pan. Remove from heat. Add powdered sugar and coconut. Mix well. Shape rounded teaspoons of mixture into balls. Make indent in center of each and place on cookie sheet. Fill centers with melted chocolate. Chill until firm. Store in refrigerator. Makes 3 dozen.



Classic Carrot Pudding

3/4 cup raisins
1/4 cup orange juice
3/4 cup C and H Golden Brown Sugar, packed
1/2 cup (1 stick) butter
2 eggs
1 cup finely shredded raw carrots
1 1/2 cups all-purpose flour
1 teaspoon each baking powder & baking soda
1/2 teaspoon each cinnamon & nutmeg
1/4 teaspoon salt

Soak raisins in orange juice. Set aside. Cream together sugar & butter. Beat in eggs. Stir in carrots. Combine flour, baking powder & baking soda, spices, and salt. Add 1/2 flour mixture to carrot mixture. Stir in raisins and orange juice; then remaining flour. Mix well. Spoon into greased and floured 5-cup mold. Bake in 325 degree oven 50-60 minutes. Remove from mold and cool on rack. Serve with Hard Sauce. Makes 8 servings.



For more recipes from Our Private Collection, send a self-addressed stamped envelope to: "Fast and Festive Recipes," C and H Sugar Kitchens, Dept. D-2, One California Street, San Francisco, CA 94106.

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A sink-it-yourself tub

Standard fixtures don't always have to add up to a boring bathroom. With a little thought, some elbow grease, and a few 2x4s, the Charles Kennedys turned their dull bath into a luxurious one, complete with sunken tub.



Photograph: John Rogers. Design: Kennedy and Pope
Source: Sims/Magazzine

All bathroom fixtures are standard, but they can be made to look special if they're used in an inventive way. The tub shown here is an ordinary above-the-floor model; however, it looks like a sunken one because it's nesting inside a carpeted platform made of 2x4s and plywood.

In the process of replacing the plumbing in their house, the Kennedys took out the old concrete floor under their tub and actually sank the tub a few inches. You don't have to go to that trouble: you can achieve a similar effect by simply leaving your tub at floor level and building a platform up around it.

The faucet used is not unusual. Yet its location at the middle rather than the end of the tub creates a look of individuality. The only window in the bathroom was not worth salvaging, so the Kennedys covered it with an elongated piece of acrylic plastic framed over two fluorescent lights.



The roof on this house is made of a new kind of non-wood shingle. The edges are thick and irregular, so they cast deep random shadows. The color is soft and muted, so it blends naturally with the architecture and the surroundings.

Today's asphalt roofing shingles are among the finest products made in America. Some are made with a fiberglass base. All are handsome, durable, economical, and highly fire-resistant. And you have a wide spectrum to choose from, in a palette of colors to complement your home's exterior. Wherever you live in the West, today's roofing shingles fit in with any setting or architectural idea. Use them when building or remodeling.

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Tips on cooking fish

Broiled or fried, fish is an excellent choice when you want a quick-cooking main dish. Here's how to get delicious results every time.

Lean and fat fish

First, you should know whether the fish is classified as fat or lean because that determines whether it requires moistening during cooking. Lean types include catfish, yellow perch, cod, flounder, sole, halibut, red snapper, sea bass, and shellfish. When broiling these, add moisture by basting with melted butter or margarine.

Fat fish include lake and rainbow trout, whitefish, eel, herring, mackerel, pompano, salmon, and tuna. Generally these do not need to be moistened during broiling.

How to know when it's done

Doneness is indicated by a change in flesh color from a translucent pinkish white to an opaque white.

To check for doneness, place fork tines into the fish at a 45-degree angle and twist the fork. If the fish resists flaking and still looks translucent, it is not done. At the just-right stage, the fish will flake apart easily when the fork is twisted. It will also have a milky white color. If cooked longer, fish becomes mealy, tough, and dry.

Broiling fish

To broil fish, place it on a greased rack in a broiler pan (rack and pan should be room temperature). Broil four inches from heat for 10 to 15 minutes; turn once. (Brush lean fish with melted butter or margarine.) If fish is less than ¾ inch thick, it should be cooked without turning.

Pan frying fish

To panfry fish, heat about ¼ inch of shortening in a heavy skillet (about 1 cup oil for a 10-inch skillet). Fry fish in single layer over medium heat for 8 to 10 minutes (thinner pieces need less time); turn once. Remove with slotted spatula and drain on paper toweling (leave fish on spatula or it may stick to the paper).

A GUIDE TO RICE LOVERS:

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A can-do divider

If your divider only divides, it's probably not earning its keep. Dividers can handle a host of other duties, too. The one shown here not only divides, but also displays, stores, and hides a closetful of stuff.

This view from the living room *(left)* shows how the divider functions as a planter, bookcase, hutch, cupboard, and closet all in one. The divider is made of plywood, double plated for structural support, and has a black walnut veneer facing.

Display space abounds. Adjustable shelves on either side of the unit house favorite books, woven baskets, and art objects. Plants in wicker baskets fill the center display area, and glass shelves can be inserted if extra shelf space is needed. Four closed cupboards, each 31x32-inches in size, hide not-for-show items. The two center cupboards store stereo equipment, record albums, and other equipment.



Photographs: John Rogers. Source: Sims/Magazzine

The divider lives up to its name by separating the entryway from the living room, as you can see in the photo at right. Two 4x4-foot skylights—one of them out of camera range—provide plenty of overhead light for the planter. The stairway to the right leads to the master bedroom.



Architect: Mark Shekter, Graphic Design.



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HOW TO PERSONALIZE A KITCHEN

Want to give a stereotyped L-shaped kitchen your personal stamp? All it takes is a little ingenuity and the patience to seek out accessories that reflect your taste.

The kitchen of Sandra Wells shows how it's done. She made it special with carefully chosen treasures that not only look attractive but also help her cook and entertain.



From a Spartan beginning to the final "now is the time to stop" stage took Sandra months. With patience and a spirit of adventure, she tracked down distinctive touches to humanize her bland builder kitchen. When she began her treasure hunt, the kitchen's furnishings included cane-back chairs, a lacy wrought-iron chandelier, a butcher-block table, and a pot rack.



In the photo above you can see what a difference some imaginative "prop shopping" can make. The apt accessories include apothecary jars, some filled with candy, others with kitchen staples; decorative copper molds from European trips; a quaint French lemonade server (to the left of the sink); and several interesting spice cans.

The plain round table came in for some customizing, too. To make it company special, Sandra dressed it up with a long black and white tablecloth and handsome silver napkin rings.

Real sour cream. Think of it as salad dressing.

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Try this creamy salad essing.

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Creamy Low-Calorie ressing.

2 cups Real Sour Cream
3 tablespoons lemon juice,
3 tablespoons instant inced onions,
3 tablespoons minced parsley,
1 tablespoon dehydrated lery flakes,
½ teaspoon garlic powder,
1 teaspoon seasoned salt,
¼ teaspoon thyme, rosemary.

Add a dash cayenne or hot epper sauce if desired.

Blend 'til smooth and chill efore use.

With a few simple additions our reamy Low-Calorie Dressing ecomes all kinds of fferent dressings.

Green Goddess Dressing.

Add a 2-ounce can of anchovies to the basic recipe and whir in a blender. Only 23 calories per tablespoon.

Thousand Island Dressing.

Add ¼ cup chili sauce or catsup to basic recipe and blend. Only 21 calories per tablespoon.

Avocado Dressing.

Add 1 medium avocado peeled, seeded and diced to basic recipe and blend. Only 22 calories per tablespoon.

Cucumber/Dill Dressing.

Add 2 cucumbers, peeled and chopped, plus ¼ teaspoon dill weed to basic recipe and blend. Only 14 calories per tablespoon.

And to be sure it's real, look for this seal.



lifornia Milk Advisory Board.

Shaping up a long, skinny kitchen

This bright, contemporary kitchen began as a long, dark "bowling alley" measuring 22x9½ square feet. Tiny windows over the kitchen sink allowed only very tall people to peek out into the backyard. And the lack of light made it impossible for even a hardy houseplant to survive.

To bring the kitchen up to the high standards of the new owners, the architect reorganized the work triangle and added more glass area. Here are the results.





Photographs: Maris/Semel. Design: Philip Smerling. Source: Bonnie Maharam

▲ Floor-to-ceiling cabinets with only a narrow soffit at the top helped solve the problem of the long, skinny layout and provided much-needed storage. The architect softly curved the ends of the cabinets to add an interesting architectural touch. Now large trays, pots and pans, plus brooms, a ladder, and vacuum, can be tidily stowed away.

Even though the width of the room is only nine feet, it was possible to form an efficient U-shaped kitchen. With the sink in the center, a cook can pivot to the self-venting cooking surface to the right, or turn to the left where a complete bake center is located. To bring in more sunshine, the two tiny double-hung windows were replaced by a large window. A deep ledge over the sink accommodates pots of herbs and blooming houseplants.



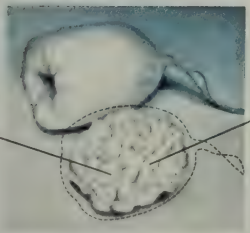
◀ There was ample space at the end of the 22-foot-long room for a cozy table for four. A sliding glass door leading out to a new backyard patio, plus new windows on either side, makes this a favorite breakfast spot. Vertical and horizontal blinds can be closed to ward off hot summer sun and protect the more delicate houseplants.

To visually unite the dining area with the rest of the kitchen, the same Japanese ceramic tile flooring was used throughout.

New from Procter & Gamble



The only tampon with double-absorbing action.



Sponges to absorb fast.
Rely's sponges expand and absorb almost instantly
So you're protected from the start.

Super fibers for holding power.
Rely's super-absorbent fibers pull the flow from the sponges.
Hold up to 17 times their own weight.

t even absorbs the worry.

If you're worried that maybe your tampon isn't doing its job, you probably aren't using Rely.

Only Rely gives you double-absorbing action. Because Rely is made a whole new way. Not from compressed cotton and rayon, like other tampons, but from tiny expandable sponges and super-absorbent fibers, all contained within a silky outer covering.

Only sponges absorb like sponges.

And Rely's expand to absorb almost instantly. Your own body moisture makes this happen. While the sponges are absorbing, the super-absorbent fibers are drawing the flow out of the sponges and holding it deep inside the tampon. So the sponges can absorb even more. That's what gives you double-absorbing action.

Rely's the best protection against tampon by-pass accidents.



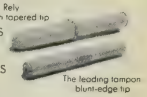
Because of its unique construction and super-absorbent materials, Rely fits better than any other tampon. It gives you superior protection against tampon by-pass (the accident that happens when there's a gap between your tampon and you).

Rely expands as soon as you insert it, gently billowing out to a cup-like pillow. It's wide at the top and tapered at the bottom, to allow the vaginal walls to close around it snugly and protect you. If there's no gap for the flow to pass by, there's no tampon by-pass.

Some women find Rely's Regular size so absorbent, they depend on it exclusively. But if you're like most women, Rely Super on heavier days and Regular on lighter days will probably keep you free from worry.

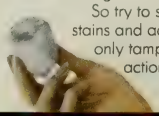
The assurance of comfort.

Just as Rely's expandable sponges fit you gently, they also stay with you. As you move, bend and flex throughout the day, Rely gently bends and flexes with you.



And its smooth plastic inserter with a tapered tip glides in easily, unlike those blunt-edge applicators that can pinch along the way.

So try to stop worrying about gaps, stains and accidents. Try Rely. It's the only tampon with double-absorbing action. It even absorbs the worry.



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For the past 300 years, New Orleans has celebrated the sumptuous taste of pecans and vanilla in delightful morsels called pralines. Now Praline® New Orleans-Style™ Liqueur captures all the nutty, mouth-watering flavor of those holidays past, and makes the present perfect!

For a free Praline Liqueur Food and Drink Recipe Booklet, write to: "Recipes", Suite 3, 2615 Edenborn Ave., Metairie, Louisiana 70002. ©1979



Hot spiced drinks

Choose one of these spicy drinks when you want a fast and festive warmer-upper.



Photograph: Dreier

COFFEE MILANO

Use your automatic coffee maker to brew this spicy, special coffee—

- ½ cup regular grind coffee
- ¼ teaspoon ground cinnamon
- 1 slightly beaten egg white
- Granulated sugar
- 6 tablespoons Galliano
- ¼ cup coffee liqueur
- Whipped cream

Place coffee in basket of coffee maker; sprinkle cinnamon over top. Using 4 cups water, prepare coffee according to manufacturer's directions. Dip rims of small brandy snifters in slightly beaten egg white, then in sugar. For each serving place 1 tablespoon Galliano and 2 teaspoons coffee liqueur in each snifter. Pour in ½ cup of the hot coffee. Top with a dollop of whipped cream. Makes 6 servings.

TOMATO CALIENTE

Lemon and cinnamon give this appetizer or snack drink its zippy flavor—

- 1 10¾-ounce can condensed tomato soup
- 1 10½-ounce can condensed beef broth
- ½ soup can (⅔ cup) water
- 1 tablespoon lemon juice
- ½ teaspoon ground cinnamon
- Halved lemon slices

In a 2-quart saucepan combine tomato soup, beef broth, water, lemon juice, and cinnamon. Heat to boiling, stirring occasionally. Serve in heat-proof mugs. Garnish each serving with a lemon slice. Makes 3 or 4 servings.

SPICED HOT CHOCOLATE MALT

This makes a nutritious drink for kids—

- 4 cups chocolate milk
- ¼ cup malted milk powder (natural flavor)
- ¾ teaspoon ground allspice
- Marshmallows

In saucepan combine milk, malted milk powder, and allspice. Heat and stir almost to boiling, but do not boil. Beat with rotary beater till frothy. Serve in heat-proof mugs; top each serving with a marshmallow. Serves 4 or 5.

1/2 the sugar, all the Smucker's.

Smucker's Low Sugar Spreads have ½ the sugar of regular jam and jelly ...and all the fruit.



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One good thing



deserves another.



It's hard to top the taste of your favorite baked chicken. Or that special holiday turkey. Unless you top it with Aunt Penny's® White Sauce.

Like our other sauces, it contains the same basic ingredients you'd put in it if you made it yourself.

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Aunt Penny's. You deserve it.

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Add-on Storage Shed

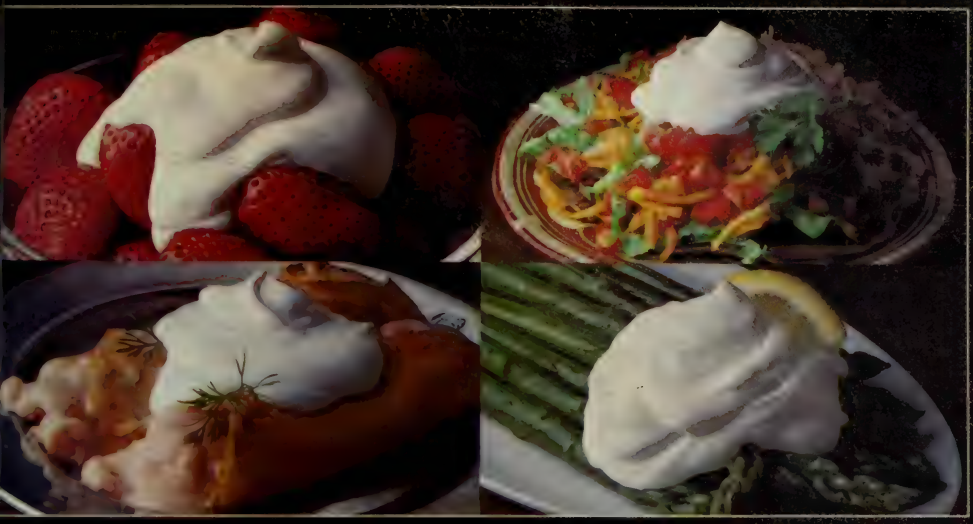
This garage extension won't house a second car, but its roomy interior will hold plenty of garden gear, lawn equipment, and outdoor tools. And you don't have to have an attached garage to duplicate it.



Photograph: Maris/Semel. Architect: Edward Bing and Assoc. Source: Estelle Bond Guralnick

The new 5x20-foot shed solved two problems for the John Kerrs; the family needed more storage space (especially for outdoor equipment), and they needed a way to blend the garage side of their home into the wooded landscape. Running the addition the entire length of the garage produced plenty of storage space, and the gentle slope of the shed roof helps mellow the flat, vertical lines of the house. The same siding, shingles, and trim used on the house also cover the shed, so the add-on looks as if it had always been there.

John outfitted the shed with a sliding barn door to lend a touch of country charm. He built the door from scratch, using tongue-and-groove lumber. The unit slides on a track and opens wide for bulky equipment, such as wheelbarrows and lawn mowers. The shed also hides garbage cans from view.



How we made it to the top.

Knudsen sour cream makes a quick, tasty topping or a delicious ingredient. But whichever way you use it, you know that every fresh, creamy spoonful comes with something that's been around for a long time at Knudsen: a steadfast dedication to quality.

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Cheddar & RYE

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RYE SQUARES

The taste of rye goes extra thin and extra crisp to put more snap in your cracker snackin. Topped, dipped or by themsely[illegible] Rye Squares have a taste[illegible] whole

10¢

TO THE CONSU[illegible]
embarrass[illegible]
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FOOD

Baked caramel corn coming up!

You don't need a candy thermometer for this oven version of caramel corn. Instead of cooking the syrup to a precise temperature, just boil up the syrup, pour it over the popped corn, and bake.



Photograph: Dieter

BAKED CARAMEL CORN

Store caramel corn tightly covered to keep it crisp and fresh tasting—

½ cup butter *or* margarine
1 cup packed brown sugar
¼ cup corn syrup
½ teaspoon salt
¼ teaspoon baking soda
½ teaspoon vanilla
3 quarts popped corn

In a 1½-quart saucepan melt butter or margarine; stir in brown sugar, corn syrup, and salt. Bring mixture to boiling, stirring constantly. Boil over medium heat without stirring for 5 minutes. Remove from heat; stir in baking soda and vanilla. In a large bowl gradually pour the hot syrup over the popped corn, mixing well. Turn coated popcorn into a buttered 17x12x 2-inch roasting pan. Bake, uncovered, in 300° oven for 30 minutes, stirring the popcorn after 15 minutes. Remove from oven; cool in pan completely. Loosen popcorn with a spatula. Break into pieces. Store in a tightly covered container. Makes about 2½ quarts caramel corn.

C.C. the Eggnog

And C.C. for yourself.

Here's our version of an eggnog that's been enjoyed for more than 100 "C.C. Seasons."

Ingredients: 12 eggs, separated
1½ cups superfine sugar
¼ teaspoon salt
1 quart light cream
¼ cup each, light rum and brandy
1 bottle Canadian Club (750 ml.)
1 pint heavy cream, whipped

In a large bowl beat egg yolks until light; gradually beat in 1 cup sugar, beating until light and fluffy. Stir in next 5 ingredients. Beat egg whites until frothy, gradually add remaining sugar and beat until soft peaks are formed. Fold in egg whites and whipped cream. Chill. Before serving, stir and sprinkle with nutmeg. Makes 24 servings.



Lampshade shopping

Although lampshades are a small part of the total home furnishings picture, they're important nonetheless. The wrong choice in a lampshade can affect the quality of lighting in your home and make even an attractive lamp look awkward and out of place. Here's information to help you make the right choice.

Where to shop

Before you even start your search, check the Yellow Pages of your telephone directory and make a few phone calls. Some stores where you'd expect to find lampshades don't stock them, and others have a very limited selection. Variety and discount stores, for instance, carry inexpensive shades, but generally only in a few styles and sizes.

You'll probably find the biggest and best shade selection at a lamp specialty store, or at a major home furnishings store. In smaller cities and towns, you'll be fortunate to find more than one retail outlet carrying a complete lineup of styles and shapes in all standard sizes.

If you want a shade in a special material, you may be able to order it through a lamp and lighting store or from an interior design studio.

Shapes and sizes

Lampshades are manufactured in several standard shapes and sizes, including: *drums,* which are 11 to 13 inches long; *deep drums,* 13 to 15 inches long; *cylinders,* or extra deep drums, up to 18 inches long; and *flared* or *empire* shades, usually seven to 15 inches long.

You will find fancy shades as well, in oblong, hexagonal, and bell shapes, and ruffled or scalloped designs. Also available are small novelty shades for [illegible].

All but the fancy and novelty shades are made in several standard diameters, ranging from seven to 18 inches across the bottom.

How big should a lampshade be? One good rule of thumb is that the shade should be at least as wide as the widest part of the lamp base and no taller than the distance from the bottom of the light socket. Any shade should be deep enough to conceal the glare from the bulb.

Fittings (the hardware that attaches the shade to the lamp) on stock shades may not fit every lamp. On newer lamps, the fittings are usually designed to be removed so a different type can be substituted, but on older lamps, the shade fittings are a permanent part of the lamp design. The salesperson can tell you if a certain shade can be used with your lamp.

Up-to-date looks

If you're replacing a lampshade, you probably can find a new one that has the same dimensions and is the same color and shape as your old one. But don't hesitate to experiment a bit with different shades.

Take your lamp with you when you shop so you can see how it looks with a variety of shades. Lampshade styles have changed in the last decade, and you may be pleasantly surprised when you replace your old parchment drum shade with a silky flared shade. Just make sure your new shade relates to the lamp, and works efficiently to control the way the light is cast.

Generally, a straight or drum shade will look best on a tall, slim lamp, such as a traditional candlestick design. A flared pleated shade will enhance a more solid lamp.

Quality details

Shade prices vary considerably, depending upon materials and workmanship. A standard 16-inch drum shade, for instance, can range from approximately $10 up to $80 or so.

A high-quality shade will be handmade and lined and will have a heavy, rust-resistant metal frame. The side wires will be recessed and wrapped in fabric so they won't show even when the lamp is lit. Seams will be firmly stitched or tightly glued.

You can expect to pay at least $20 to $25 for a good handmade drum shade or for a crisp pleated shade. The shade may be made of parchment, linen, shantung, burlap, or other textured fabric, or it may be made of fabric laminated to vinyl.

The higher priced shades ($50 and above) generally are made of more costly materials, such as raw silk, leather, or fine Belgian linen.

The low-priced shades usually are made of lightweight plastic or heavy paper. They are likely to crack or start to come apart from the heat of the bulb within a few months.

High-quality lampshades are usually protected with removable plastic covers. If you can't see through the plastic, ask to have it removed so you can examine the shade. If the sealed plastic wrap is torn, look for smudges and damage to the shade.

Some high-quality shades must be dry-cleaned, but many fine handmade shades are washable. If a shade is labeled "washable," be sure to check the trimming. Braid, cording, or other trim that is glued instead of sewn is likely to come loose when wet. It is difficult to remove the trim without damaging the shade fabric.

Practical pointers

Where and how you use the lamp determines whether you need an opaque or a translucent shade. An opaque shade, made perhaps of parchment or heavy fabric, casts light upward and downward to focus on a specific area. An opaque shade is appropriate for armchair reading or family games.

A translucent shade lets the light filter through and is the most efficient for general illumination, especially if the fabric is white.

A dark shade casts a soft glow throughout the room. One person has enough light for reading, while another can watch television without a glare.

Pleated or fluted shades don't let as much light through because of the extra thickness of material.

For a reading light on a table, you need a shade with a bottom diameter of 14 to 16 inches. Shades for floor lamps used for reading should be 16 to 18 inches across the bottom.



The lightly spicy taste of Clamato gets things stirring at holi

(And here's 15¢ off to get yo Cho

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Mott's Clamato—the tomato taste with a kiss of clam broth. Enjoy the tantalizing, surprisingly different taste of Clamato in mixed drinks, or all by itself as a lightly spicy appetizer.

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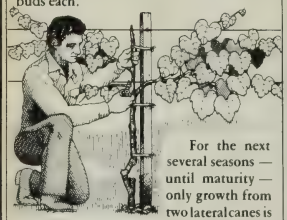


Training a Vine

7 A new grape vine requires approximately seven years to reach maturity and maximum productivity. During this period it is carefully trained, first to a stake and later to trellis wires which help support the weight.

Training begins at the end of the first growing season when the small, bush-like vine is pruned back to a single "spur" or branch showing two buds.

When the next spring growth begins, the stronger of the two new shoots is selected and all other growth is removed. This single shoot or "cane" is tied to the stake and retied every twelve inches as growth continues. When the cane nears the height of the stake, the top is trimmed to force lateral growth. At the end of this second season, all but the two strongest lateral canes are removed and these two are cut back to show only two buds each.



For the next several seasons — until maturity — only growth from two lateral canes is permitted. By limiting the growth, we assure a higher quality yield. Mature vines can easily support many more than two fruit-bearing canes, but for maximum grape quality, we allow no more than four, however vigorous the vine may be.

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H7

A space-making remodeling

When Reggie and Bob Vriesenga decided to remodel their house, the kitchen and breakfast room were the first areas to come under attack. The original rooms were dark and dingy, and the kitchen was too small in comparison to the eating area. An experienced architect helped the couple take the first and biggest step—gutting the kitchen and breakfast room so that a completely new floor plan could be devised. After considering the various cooking and dining needs of their family, the Vriesengas decided to extend the kitchen into the oversize eating area.



Photographs: John Rogers. Architect: Michael S. Miller



Interior design: Rita Sauls. Source: Sims/Magazzine

A U-shaped kitchen seemed the best way to utilize the newly gained work space and to allow for a free flow of traffic between the front hallway and the living room at the rear of the house.

Bob and Reggie opened up the dining area by breaking through the existing ceiling joists and allowing the new ceiling to follow the angle of the roof rafters. The expansive new windows double the amount of light in the eating area and add a geometric feeling to the new space. Slim horizontal blinds can be closed during hot summer days to shield the tall plants from direct sunlight.

The Vriesengas also consulted a designer when it came time to choose the interior fixtures for both rooms. Oak cabinets and a sealed Mexican paver floor bring warmth to this practical kitchen. The wood and tile throughout the two spaces serve to tie the rooms together visually. Built-in appliances almost blend into the background.

Ample pantry space and a freezer in the wall across from the kitchen can handle garden produce throughout the year. A compact buffet counter opposite the window wall of the dining area houses china and silver. The boxed-in fluorescent fixture over the kitchen can be dimmed for a more romantic look at night. Under-cabinet lighting illuminates the work surfaces so the cook doesn't have to work in his shadow.



"At their age, it's important to eat properly. Because I can't be sure they do, I give them vitamins every day."

Adolescence is a period of great nutritional need. The body requires a steady supply of nutrients to support growth and insure good health. Vitamins, especially, play an important role in helping convert food to energy and in building body tissue. They support the "growth spurt" and an increase in physical activity. Lowered vitamin levels over extended periods may result in abnormal metabolism. This could limit the adolescent's performance and achievement of full potential.

Unfortunately, many teenagers are not getting the levels of vitamins and minerals they need during these critical years. Too often, they're dieting or skipping meals altogether. And frequently their food choices are not the best.

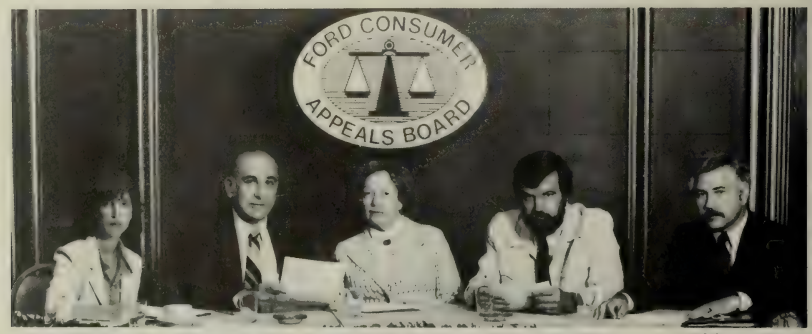
Make sure your teenagers eat a balanced diet and look for fortified foods when you shop. Just to be sure, you can give them a vitamin supplement every day.

Vitamin Communications, Hoffmann-La Roche Inc., Nutley, New Jersey 07110.

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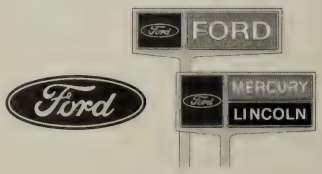
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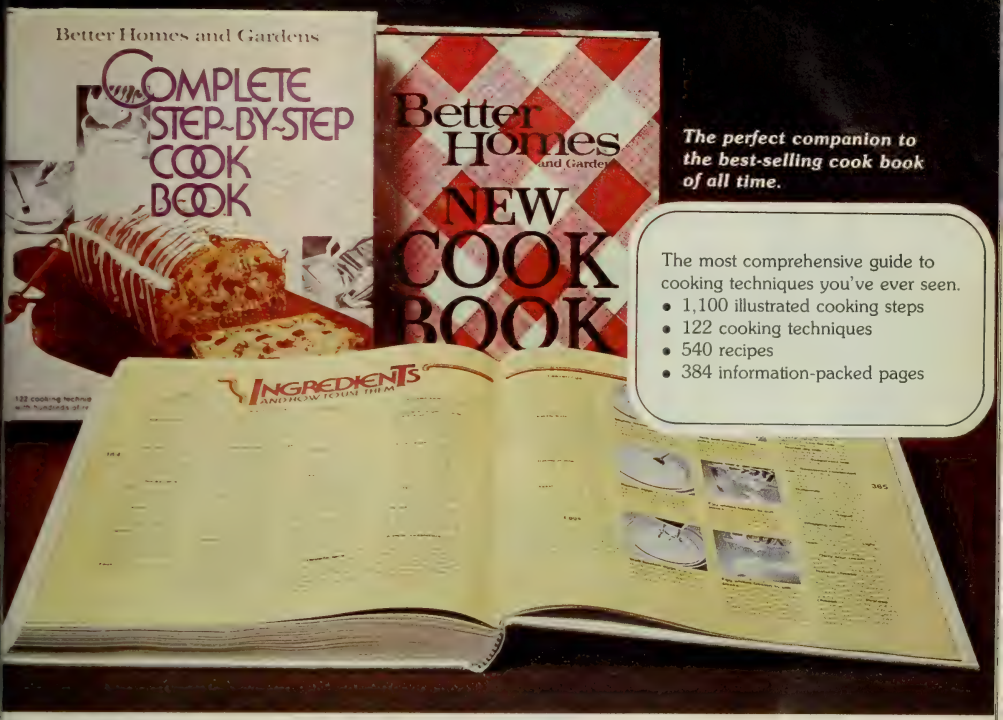
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Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

CHRISTMAS IS FOR CHILDREN OF ALL AGES

Pages 95-99: Hand-knitting yarn "Berella"—Bernat and Sons Co., Depot and Mendon Sts., Uxbridge, Mass. 01569

Pages 100-101: Wall covering—Laura Ashley, Inc., 735 Montgomery, San Francisco, Calif. 94111. Tree—Martin W. Schmidt and Sons, 262 N.W. Miller Rd., Portland, Ore. 97229. Nightgown—Butterick Pattern #5745

Pages 102-103: All ribbons and trims—C. M. Offray and Son, Inc., 261 Madison Ave., N.Y., N.Y. 10016. Women's robe—Vassarette, 178 Glenwood Ave., Minneapolis, Minn. 55405. Tree—Allen's Gardening Center, 5491 S.E. 6th Ave., Pleasant Hill, Ia. 50317

Pages 104-105: Heart fabric—Fabrications, International Printworks, Inc., 100 Wells Ave., Newton, Mass. 02159. Santa Claus suit—Butterick Pattern #5103

Pages 106-107: Paint "Varathane Gloss"—The Flecto Company, Inc., 1000 45th St., Oakland, Calif. 04604. Cat teapot—Takahashi, 59 Grant Ave., San Francisco, Calif. 94103. Currant tea set—Conran's, 160 E. 54th St., N.Y., N.Y. 10022. Doll's deck chair—Conran's (address above). Wooden doll chairs—Pier 1 Imports, 2520 S. Freeway, Ft. Worth, Tex. 76102. Polyester fiberfill "Poly-Fil"—Fairfield Processing, P.O. Box 1157, Danbury, Conn. 06810.

Pages 108-109: Pajamas "Dr. Denton's"—Denton Mills, 112 W. 34th St., Room 1709, N.Y., N.Y. 10001.

Pages 110-111: Deck of cards—Halls Crown Center, 200 E. 25th St., Kansas City, Mo. 64108. Table and chairs—Pier 1 Imports (address above).

Pages 112-115: Dyes—Rit Dye, Best Food Division, 25 Continental Dr., Wayne, N.J. 07470. Wall covering—Laura Ashley, Inc. (address above). ¼-inch ribbon (for heart-shaped pillow)—C. M. Offray and Son, Inc. (address above). Tree—Martin W. Schmidt and Sons (address above). Tuzzy-muzzies—Cherchez Antiques and Potpourri, 864 Lexington, N.Y., N.Y. 10021. Child's dress—Little Vogue Pattern #1978. Women's dresses—Vogue Pattern #2053.

HOLIDAY TRADITIONS THAT START IN YOUR KITCHEN

Page 120 (front left): Square cheese board—Hammacher Schlemmer, 147 E. 57th St., N.Y., N.Y. 10022. (Back left): Cheese board—Digsmed of Denmark Ltd., Box 413, Rockville Centre, N.Y. 11571

Page 122 (right): Marble cutting board—Etco Industries, Inc., 225 5th Ave., N.Y., N.Y. 10010. (Center): Marble octagon board—Jay Willfred Co., Inc., 133 W. 20th St., N.Y., N.Y. 10011.

Page 123 (center): White cheese board—Morgan & Company, Inc., 300 A St., Boston, Mass. 02210.

Page 124: Cups "Grand Prix"—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, N.J. 08873. (Back): Board with plastic holder—Ingrid, 5547 N. Ravenswood, Chicago, Ill. 60640.

Page 129: Custard cups—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Baking sheet—Mirro Aluminum Co., 1512 Washington St., Manitowoc, Wis. 54220. (Front): Marble board—Etco Industries, Inc. (address above). Small wooden board—Digsmed (address above).

PRIZE TESTED RECIPES®

Page 147 (left): Platter—Rosenthal USA Ltd., 411 E. 76th St., N.Y., N.Y. 10021.

Page 148 (left): Platter—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830. (Center left): Platter—Rosenthal USA Ltd., 411 E. 76th St., N.Y., N.Y. 10021. Bowl—Fitz & Floyd, 1371 Round Table Dr., Dallas, Tex. 75247. (Center right): Serving dish with holder—The Pfaltzgraff Co., 140 E. Market St., York, Pa. 17401. (Right): Plates—Arabia of Finland, 5603 Howard St., Niles, Ill. 60648.

CHRISTMAS IS FOR CHILDREN OF ALL AGES CREDITS

Design and project coordinator—Ciba Vaughan for Hearts and Minds Designs.

Pages 95-99: Knitted accessories—Virginia C. McCarthy. Knitted sweater—Marie Muth. Needlepoint stocking—Sara Gutierrez.

Pages 100-101: Cat designs—Robert C. Furstenau. Quilt, tree skirt, ornaments, stocking, pillows, toy, wall hanging—Vaughan. Headboard—David Ashe.

Pages 102-103: Tree ornaments/hand puppets—Becky Jerdee, Adam Jerdee, David Mills. Soft dolls—Jackie Davis, Adam Jerdee. Package wraps—Ellen Morello, Jennifer Morello, Amelia Morello. Mini town—Becky Jerdee. Story pillows—Amy Jerdee, Adam Jerdeee, David Mills. Soft creche—Adam Jerdee.

Pages 104-105: Kiddie car—Don Wipperman, Mitch Noah. Driving cap—Williamson.

Pages 106-107: Dollhouse—Stephen Mead Associates. Dollhouse painting—George Hans. Dolls and furniture—Phyllis Dunstan. Crocheted dollhouse rug—Ginger Bassett.

Pages 108-109: Airplane—John Sebesta. Fabric helmet—Judy Williamson.

Pages 110-111: Animals—Dorothy and John Everds. Soft couch—Williamson. Love seat—Ashe. Lamp—Ann Levine. Bed set—Wipperman.

Pages 112-115: Crocheted snowflakes—Ursula Tweddle. Heart-shaped pillow—Terri Shea. Crocheted baskets—Courtesy of American Thread Co. Dolls, doily pillows, basket ornaments, wreath, dress accessories, lace flowers—Vaughan.

How to order material from the magazine

Snowman Stocking Hang the needlepoint snowman stocking shown in this issue by the chimney with lots of pride! Better Homes and Gardens® EXCLUSIVE kit contains heat-transferred design on 10-mesh cotton canvas, 4-ply acrylic yarn, needle, and easy-to-follow instructions. The finished holiday charmer measures 18" long.

Kiddie Car Project Plan The plan for the Kiddie Car shown on page 104 of this issue is available below. Plan packet includes large professional drawings, materials list, woodcutting diagrams, as well as easy-to-follow, step-by-step instructions.

Projects Plan Catalog contains 114 of our most popular project plans. Nearly all of the projects in this catalog require only basic construction techniques and every project can be adapted to fit your family's special needs.

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	No. 50000 Projects Plan Catalog $1.00 (Includes postage and handling)			
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Barbara Humeston

The pick of the new pet books

Every Christmas season a bumper crop of new pet books crowds bookshop and department store shelves. This year is no exception. To help you choose the best for yourself and perhaps for gifts, here's a rundown of some of the top pet books published this fall. They vary from serious how-to-help-your-pet volumes to books you'll want to read just for the fun of it.



On the serious side

Taking Care of Your Dog and *Taking Care of Your Cat* are two helpful new medical-type handbooks to have handy in case of emergencies. Each focuses on pet ailments, treatment, and first aid (Addison Wesley; $11.95 hard-cover, $6.95 paperback).

"Cat people" will welcome *The Complete Kitten and Cat Book.* This comprehensive volume covers every facet of cat care (one of the authors is a veterinarian). The book is also fun to read, with a lively history of felines and fascinating insights into cat psychology (Harper and Row; $12.95). Dog lovers will want the canine sequel, *The Complete Puppy and Dog Book,* published in 1977 (Atheneum; $14.95).

One weakness of cat books has been the lack of accurate, complete information about different breeds. But the new *Standard Guide to Cat Breeds* changes all that. It's loaded with information, including special guides illustrating eye and coat color—important distinguishing characteristics among cats. The book is expensive (McGraw Hill; $24.95), but it's a must for anyone seriously interested in breeding and showing cats. The illustrations (350 in all, 100 in color) make the volume a perfect "coffee-table classic" as well.

Training and family trees

New dog-training manuals come and go all the time, and many contain the same basic methods. But *How to Be Your Dog's Best Friend: A Training Manual for Dog Owners* is a refreshing exception (Little, Brown; $8.95). It's worth reading even if your dog is already the best-behaved pooch on the block. The book was written by the monks of New Skete, a monastery that raises and trains German shepherds. Besides telling you how to make your dog comply with the standard obedience commands such as sit, stay, and heel, the monks share their special insights into canine psychology.

The 50th anniversary edition of *The Complete Dog Book,* the classic among best-selling dog books, is the biggest and best ever, with over 750 pages and 300 illustrations (Howell Book House; $10.95). If you want the lowdown on dog breeds recognized by the American Kennel Club, this volume has it, along with all sorts of useful information about dog care and a glossary of dog terms to improve your vocabulary. For $10.95, you won't find a better bargain. And even if you don't own a purebred, you can use the book to trace your mixed breed's ancestry.

You also can trace your mutt's roots with a book called *MUTT: An Entertaining, Illustrated Guide to the World's Most Famous Underdog* (Crown; $6.95). It was published last year, but is still available in most bookstores.

Just-for-fun books

Another good choice for owners of mixed breeds is *What Kind of Dog is That?* It's a collection of photographs, and each picture of a mixed breed is accompanied by two shots of his ancestors (Norton; $9.95 hard-cover; $4.95 paperback).

Games Dogs Play is a loving and fun-to-read volume about the techniques dogs use to keep people under control (McGraw Hill; $9.95). The drawings are equally amusing. But if you buy this book, keep it on a high shelf. Otherwise, your own pooch might pick up some tricks.

Specially for gift giving

- *Comic and Curious Cats,* a colorful little book of paintings sure to delight cat lovers (Crown; $7.95).
- *Dogs: Records, Stars, Feats, and Facts,* a variety of fascinating canine trivia and statistics (Harcourt/Brace/Jovanovich; $2.95).
- *Dogs at Work,* all about different "working" breeds and how modern-day dogs have evolved (Crown; $7.95).
- *Critter's Kitchen,* recipes to please pet palates (Atheneum; $6.95 hard-cover; $2.95 paperback).
- *Pets in a Jar,* sound advice about coexisting with all sorts of unusual creatures, like ants, frogs, and butterflies (Puffin; $2.95).
- *The Backyard Bird Watcher,* how to attract and photograph wild birds, plus some 200 pictures to help you distinguish one feathered friend from another (Simon & Schuster; $10.95).
- *An American Bestiary,* a history of America, American art, and American animals, with illustrations by great American artists (Abrams; $35).
- *The Pet Name Book,* a fun guide to the origins of over 5,000 pet names (Workman; $2.95).

Illustration: Bob Riley

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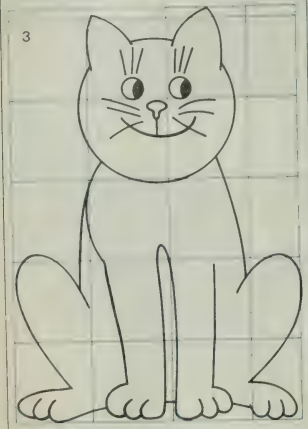
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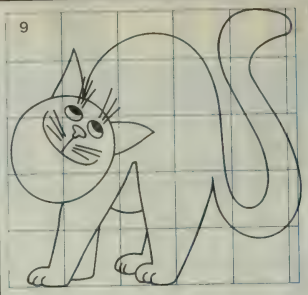
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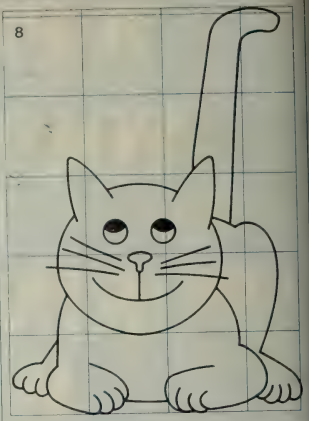
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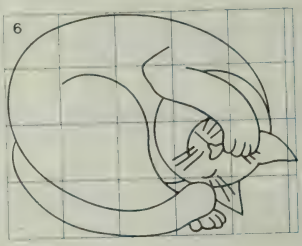
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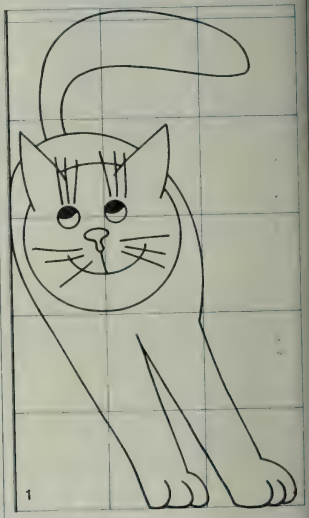
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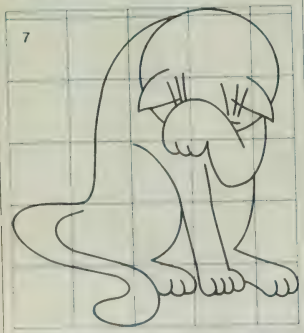


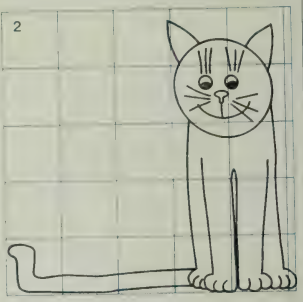


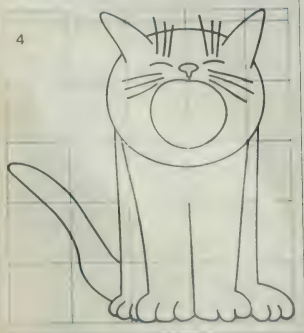


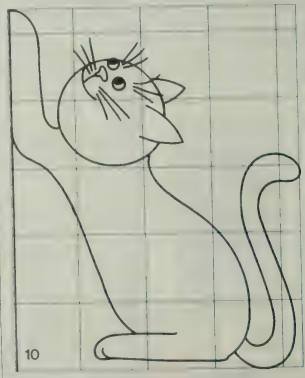


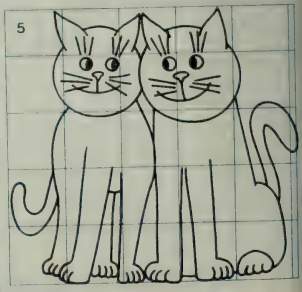




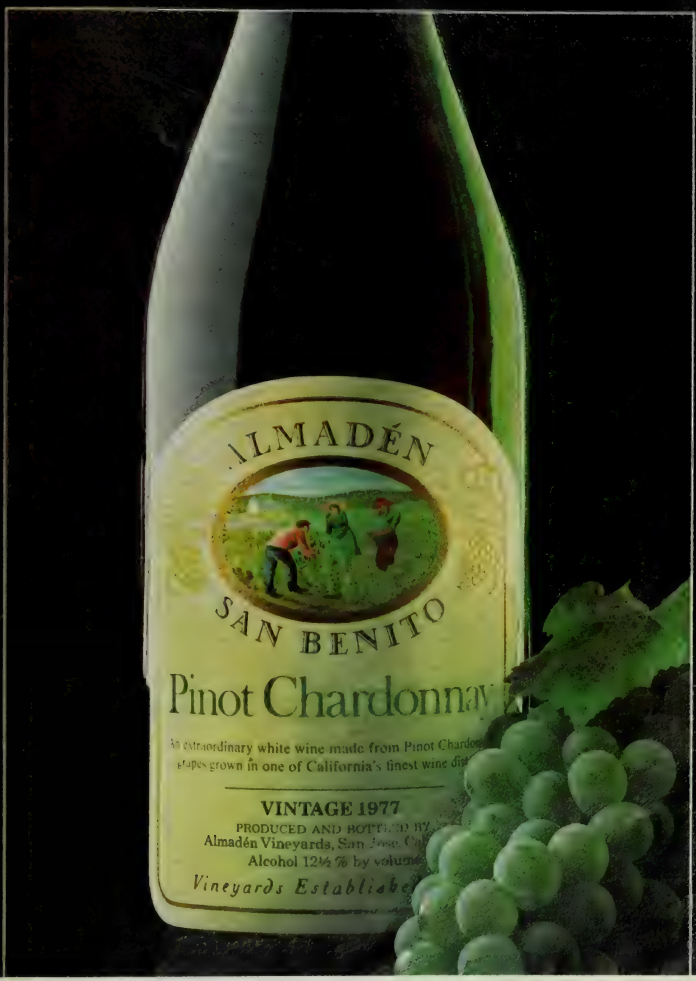








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continued

Christmas crafts

CHILDREN'S PROJECTS

Original children's drawings are the basis for all projects (except wrapping paper) shown on pages 102-103. To make similar projects, use your own children's pictures drawn especially for tree ornaments and decorations, artwork brought home from school, or sketches drawn just for fun. Also, you may spot an object or two in a drawing that would make a wonderful doll, toy, or decoration all by itself. Directions for turning artwork into decorations and gifts follow below.

Here are some tips to help guide your children in drawing designs for decorations and gifts:

1. Provide crayons or wide-tip felt pens. Suggest the children use black for outlines and colors for filling in shapes, so designs may be interpreted easily in fabric.

2. For these projects, simple shapes are best—hearts, stars, trees, balls, candy canes, and snowmen, for example. Give the kids cookie cutters to hold while they draw so they can feel the size of the ornament desired.

3. Enlarging designs simplifies shapes and produces bold, dramatic results. If drawings are small, make them larger by using a grid similar to grids on patterns in this issue. If necessary, eliminate small details—or plan to execute them in embroidery. Make tissue paper patterns from drawings.

To make ornaments, ask your youngsters to draw simple tree ornaments for you to execute in fabrics. Have the kids make several drawings of each shape, then choose the ones that can be worked easily in cut fabrics.

For each ornament, cut background shape from black felt. Next, cut inner colored shapes from fabric scraps. Trim edges of colored shapes so black felt will show, giving the impression of black lines. Using fusible webbing, iron colored shapes onto back and front of felt. Use felt-tip pens to draw facial features and other details.

To make dolls and toys, choose simple shapes without too many difficult projections. You may need to alter your youngster's drawing slightly to make it work in fabric.

Enlarge and simplify the drawing if necessary, then transfer outlines to fabric the same basic color as the doll front. Cut and fuse appliqués to doll front, then satin stitch around appliqués. Embroider details. Cut out doll and satin stitch to felt backing, leaving an opening wherever needed for stuffing. Stuff; satin stitch openings closed. Trim felt backing, leaving ¼-inch edge bordering toy.

For story pillows, trace outlines of drawing on muslin. Using the original drawing as a guide for colors and details, re-create the picture in your favorite needlework techniques, such as appliqué, embroidery, and quilting. Frame the design with cording and strips of print fabric sewn around the edge. Stitch into a pillow.

For a mini-town, paint designs on wood blocks using acrylics and marking pens. Seal with varnish.

For a crèche, make quilted pillows same as story pillows, but stitch an oval of fabric into the bottom of each one so it will stand alone.

HANDPRINT GIFT WRAP

Materials: Powdered tempera paints, cake pan; white butcher paper.

Instructions:

1. Mix tempera paints with water to the consistency of heavy cream. Pour small amount into cake pan; swirl to leave a thin film on bottom of pan.

2. Lay hand flat in pan to pick up paint, then lay hand flat on paper to print. Make random prints on paper.

KIDDIE CAR

To order project plans for kiddie car and driver's cap, see page 181.

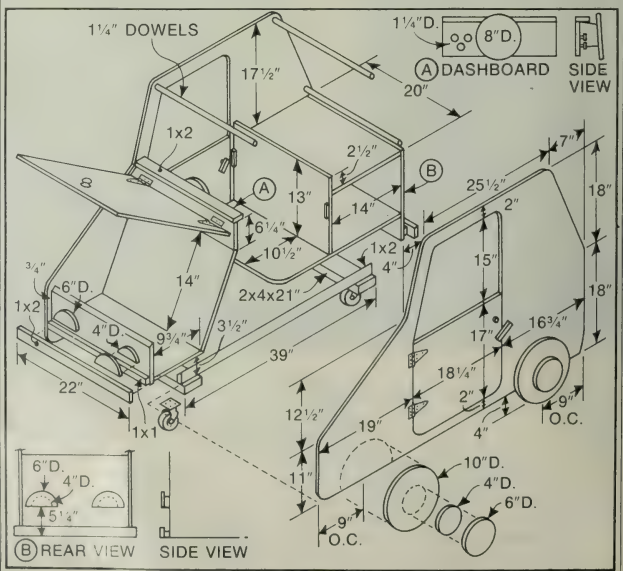
Materials: Two 4x8-foot sheets of ½-inch plywood, good on both sides; 8 feet of 1x12-inch lumber for wheels, lights, bumpers, and cleats; 2x4x42 inches lumber; 3 pr. of 3-inch T hinges; thirty-six ¼-inch #7 flathead wood screws for hinges; 4 plate-type furniture casters, each ⅞x2 inches; 16 panhead #9 sheet metal screws for casters; 2-inch wood cabinet pull for hood; three 1¼-inch wood cabinet pulls for dashboard; three 1¼x20-inch wood dowels; paint; wood putty; nails; glue.

For convertible top: 1⅝ yds. fabric; 22x58 inches quilt batting.

Instructions:

1. Using diagram below as a guide, cut pieces; sand. Assemble hood and trunk sections first; glue and nail sides to these sections. Paint car, referring to photo for colors.

2. For top, cut 2 pieces of fabric 22x58 inches. With right sides facing and batting on top, sew 3 sides (½ inch seam). Turn, sew edge, and quilt. Sew snaps to underside 5½ inches from front. Staple back to lower dowel.



continued

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84% of Golden Lights smokers switch from higher tar brands... and stay.
Taste is the chief reason.



18	19	19	17	15	19	18	8
MG. TAR 1.1 MG. NIC.	MG. TAR 1.4 MG. NIC.	MG. TAR 1.3 MG. NIC.	MG. TAR 1.1 MG. NIC.	MG. TAR 0.9 MG. NIC.	MG. TAR 1.3 MG. NIC.	MG. TAR 1.3 MG. NIC.	MG. TAR 0.7 MG. NIC.

Golden Lights 100's.
The taste high tar smokers want in a low tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Source comparative 'tar' and nicotine figures: Either FTC Report May 1978, or FTC Method. **Of All Brands Sold:** Lowest tar: 0.5 mg. 'tar,' 0.05 mg. nicotine av. per cigarette. **Golden Lights: 100's**—8 mg. 'tar,' 0.7 mg. nicotine av. per cigarette by FTC Method.

continued

Christmas crafts

DOLLHOUSE

To order free patterns for dollhouse, see page 181.

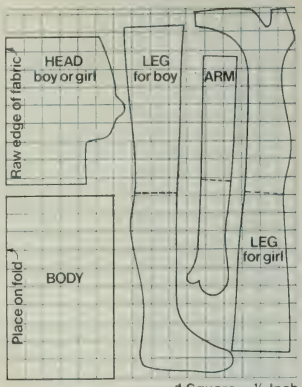
To make a dollhouse like the one shown, use an unfinished cabinet with doors, 15x27x28 inches or size of your choice. If cabinet has 1 shelf, change its position and add a second shelf for "floors" of dollhouse. Cut doorway and windows in cabinet door, add gables (including attic door) and roof, then paint, using the photo as a guide.

DOLLHOUSE DOLLS

Materials: ⅓ yd. muslin for each doll; fiberfill; yarn for hair; fabric scraps, trims, laces, beads, and snaps; fabric glue; bias tape; thread.

Instructions:

1. Enlarge patterns *above*. Transfer head and arm pieces to double thickness of muslin; do not cut out. Using



small stitches, sew profile including neck front. Trim excess fabric close to stitching; turn. Stuff nose and chin, then remaining face cavity.

2. Bring straight edges of muslin around to the back, forming a tube. Turn under 1 raw edge ¼ inch; sew tube closed. (Top and bottom are open.) Add fiberfill through top and bottom of tube until head is firmly stuffed. Fold excess fabric at top of head same as a package; whipstitch closed. (Head will not be perfectly round.) Leave neck open.

3. Using photo as guide, pencil in eyes and mouth. Outline eyes with waterproof black felt pen. Color eyeball using acrylic paints. Use red pen or paint for girl's lips; embroider boy's mouth. Use powdered rouge or colored pencil for blush on cheeks.

4. Make girl's hair by wrapping yarn 70 times around a 12-inch length of cardboard. Remove yarn from cardboard and stitch it, centered, to a 1x5-inch strip of muslin; trim excess beneath yarn. Glue muslin to head; stitching forms center or side part. Cut loops; tie hair into ponytails.

For boy's hair, wrap yarn 40 times around a 7-inch length of cardboard. Sew to a 1x4-inch muslin strip; trim and glue to head. Cut loops and trim yarn in random lengths.

5. Stitch and stuff arms; align seams (for upper- and underarm); sew elbow joint. Using colored fabric (stockings), make legs; stitch knee.

6. Cut body from colored or printed fabric; it becomes bodice or shirt. Stitch sides using ¼-inch seams; leave 1½ inches open on one side. Sew legs into bottom of body. Gather top of body around neck; blindstitch body to neck. Stuff body firmly through side opening. Blindstitch opening closed. Tack arms to sides of body.

7. Make simple clothing of fabric squares, rectangles, and strips. Embellish with trims and pleat or gather to fit each doll.

DOLLHOUSE FURNITURE

To order complete instructions for all dollhouse furnishings—sofa and chair, lounge chair and ottoman, fireplace, lamp, coffee table, and crocheted rug—see page 181.

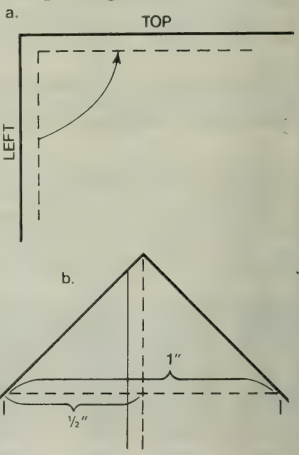
Note: Instructions are given here for the sofa and matching chair.

Materials: 1-inch-thick foam; quilt batting; fabric scraps; small curved upholstery needle.

General Instructions:

1. Make doll furniture by cutting foam to sizes indicated. Wrap each piece with a thin layer of quilt batting (whipstitch edges together), and cover it with a fabric casing. Then sew pieces together into chair or sofa.

2. To make fabric casings, cut 2 pieces of fabric for each foam block, adding ¾ inch to dimensions of foam *all the way around* (1½ inches total). Sew fronts to backs (¼-inch seams), leaving an opening along one edge. Sew a self-gusset in each corner, following the diagram below.



Pull left side seam and top seam together, forming a triangle in the corner. Mark a line 1 inch long from edge to edge and perpendicular to the seam; stitch. Trim fabric ¼ inch beyond new seam line. Turn. Insert foam into fabric casing; blindstitch opening.

continued

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The famous Amana Radarange Microwave Oven on top. Then, your choice of either the Amana 3 + 1™ smoothtop, or conventional 4 element cooking surface. And beneath it all, Amana's self-cleaning conventional electric oven and broiler.

These Cooking Centers have it all. In a classic design, with black glass doors and gleaming chrome trim. Top to bottom, it's an appliance you can be proud of.

Model RCC-6

The Radarange Oven features Amana's Automatic Temperature Control System, for moist tender meats never before possible in a microwave oven. More than just a temperature probe, it's an entire system that lets you cook to a desired temperature. So a medium rare setting will give you a medium rare roast—every time! It also "HOLDS" foods at serving temperature for late arrivals. And there's Cookmatic™ Power Shift because different foods cook best at different speeds.



With 675 watts of power on "HIGH" setting, you can cook almost anything in one-fourth the time of conventional cooking. In a stainless steel oven large enough for a family size turkey!

The Amana 3 + 1 smoothtop range has a difference that makes a big difference every time you cook! There are 3 Temp-Assure™ elements that automatically maintain the precise temperature you select. So there's less pot watching. And a simmer stays a simmer. So there's no need for an electric skillet, double boiler, slow cooker, or fondue pot. The fourth element, a Multipan™ conventional electric element, lets you control the heat for large pots, pans, and pressure cookers.



Model RCR-5 features Amana's conventional element cooking surface.

Amana's self-cleaning oven, over 3.8 cu. ft., is big enough to hold three 9-inch cake pans on each rack! And best of all, the pyrolytic self-cleaning feature gets the oven completely clean in about 2 hours!

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A starter set of Corning Cookmates® is included for use in the Radarange Oven, on the smoothtop or in the conventional oven. And additional cookmates are available at your Amana Retailer.

So cook as fast or as slow as you want . . . microwave or conventional . . . all with one handsome unit that will serve you for years to come. The Amana Radarange Cooking Center.

Amana makes a complete line of cooking appliances. 3 + 1 Ranges and Cooktops, conventional electric ranges, Radarange Cooking Centers, single and double wall ovens and wall oven and built-in Radarange Microwave Oven combinations. Amana quality where quality means the most—in cooking appliances you use every day, year after year.



To learn more about the complete Amana line of cooking appliances, see your Amana Retailer, or write Ann McGregor, Dept. 781, Amana, Iowa 52204.

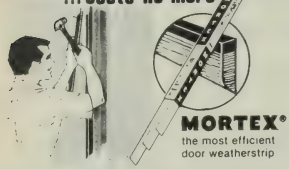
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continued

Christmas crafts

3. Assemble pieces by blindstitching along edges. A curved upholstery needle is useful for joining blocks.

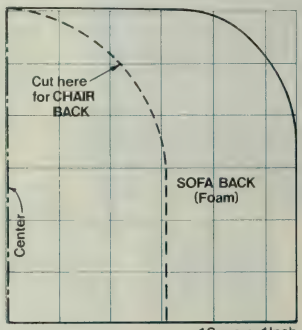
Sofa and matching chair:

1. Cut foam decks: 1x4x9 inches for sofa; 1x4x4 inches for chair. Cover with batting and fabric casings.

2. Stuff loose cushions *only* with fiberfill. Make covers with self-gussets in corners. Chair cushion pieces are 5½ inches square before stitching. Sofa cushion pieces are 5½x6 inches before sewing; make 2.

3. For side arms, cut 4 pieces of foam 1x3x4 inches (2 for sofa; 2 for chair). Wrap with batting and cover with casings.

4. Enlarge patterns for chair and sofa backs, cut from foam, wrap with batting, and cover with casings.



5. To assemble chair and sofa, blindstitch side arms to bottom deck. Then sew back to bottom of deck and side arms. Add loose cushions last.

SUPERSOFT AIRPLANE

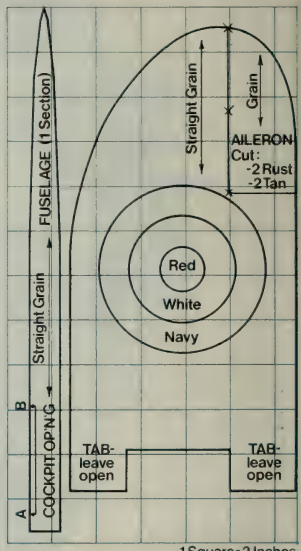
To order a full-size pattern and instructions for airplane and flyer's helmet, see page 181.

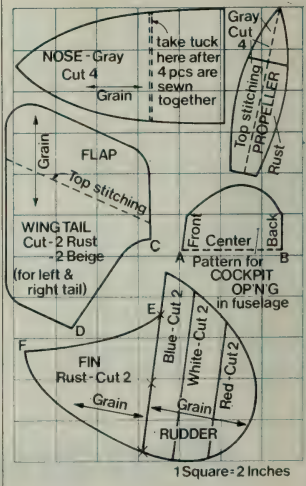
Materials: Medium-weight fabric (44/45 inches wide) in the following colors and amounts; 1½ yds. rust, ¾ yd. each tan and gray, ½ yd. each navy, black, and white, scraps of red; 4 lbs. fiberfill; thread.

Instructions:

1. Enlarge patterns, *right;* trace onto wrong side of fabric. Add ½-inch seam allowances unless otherwise noted; pieces without patterns include ½-inch seam allowances. Cut pieces.

Cut right and left wings and tail pieces, reversing patterns. Cut ailerons for wings as separate pieces; cut tail fin separate from rudder. To cut fuselage, trace pattern onto fabric to make 16 sections, each ⅛ inch apart; *do not cut*





continued

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Golden Grahams Cereal and Fisher Mixed Nuts...together in a zesty holiday mix. Fix a mix for a party or for the whole family. It's a crisp, crunchy, delightful combination. And so easy to make.

Gold'n Nut Crunch

- 1 can (12 ounces) Fisher® mixed nuts or 1 jar (12 ounces) Fisher® dry roasted peanuts
- ¼ cup margarine or butter, melted
- ¼ cup grated parmesan cheese
- ¼ teaspoon garlic powder
- ¼ teaspoon ground oregano
- ¼ teaspoon celery salt
- 4 cups Golden Grahams® cereal

Heat oven to 300°. Mix nuts and butter in medium bowl until well coated. Add cheese, garlic powder, oregano and celery salt; toss until well coated. Spread in ungreased jelly roll pan, 15½ x 10½ x 1 inch. Bake, stirring occasionally, 15 minutes. Stir in cereal; cool. Store in airtight container. About 6½ cups snack.

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...Perfect all ways.

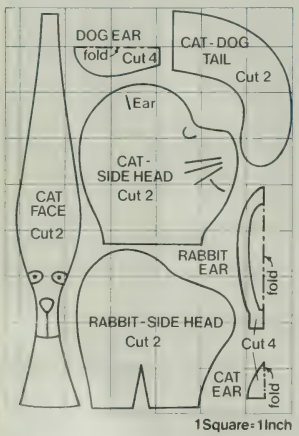
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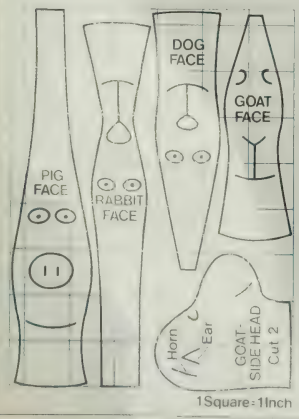
Christmas crafts

2. Sew head dart if required. Baste and stitch sides of head to center section. Sew sides of torso, leaving bottom and neck open. Sew head to torso; turn.

3. For goat's legs, cut 4 pieces 2x2¾ inches; for pig's, cut 4 pieces 2x3½ inches. Sew upper hoof to leg, then stitch leg/hoof sections into a tube. With wrong sides facing, sew sole to upper hoof; stuff; close seam.

For other animals, sew legs along sides (do not turn); sew sole into foot. Turn, stuff, and whipstitch opening.





Sew pads onto bottoms of feet. (For large animals, make pads of felt.)

4. Sew legs to bottom front of torso. Stitch oval seat section to front of torso. Stuff head and torso; close seam.

5. Stitch and stuff arms, seaming hoof sections to straight ends of goat and pig arms first. Tack to body.

6. Cut eyes of white or light blue felt; tack or glue in place. Make black French knot pupils on small animals, felt pupils on large animals. Pinch base of ears together to pleat, then overcast to head, except for rabbit and dog, stitch ear fronts to backs, turn, and attach to head. Glue noses in place; embroider mouths. Ravel yarn for goat's whiskers and tack in place.

7. Stitch and stuff horns (goat) and tails; tack in place. Rabbit has pom-pon tail; pig has pipe-cleaner tail.

8. Sew simple clothes for animals from a variety of fabric scraps. Make patterns for bodices, sleeves, and pant legs of rectangles in varying sizes. Stitch together, trim, and pleat or gather to fit.

DYED LACE PROJECTS

To order free instructions for heart-shaped pillow and crocheted baskets, see page 181.

Many of the projects shown on pages 112-115 call for dyed lace. Below are the 5 dye formulas (based on Rit dye colors) used on these projects. Test dyes on scrap material.

1. *Desert Rose:* 3 parts old rose plus 1 part tan (*or* a dash of brown).

2. *Evening Sand* (purple): 3 parts purple plus 1 part dark brown.

3. *Smokey Sky* (blue): 1 part royal blue plus 1 part gray.

4. *Coral:* 1 part scarlet plus 1 part tan; *or* mix 1 part coral, 1 part peach, plus a dash of brown.

5. *Pine Green:* 1 part aqua, 1 part light green, plus 1 part gray.

CROCHETED SNOWFLAKE ORNAMENTS

Large snowflakes are approximately 4½ inches high.

Materials—for large snowflakes: Coats and Clark's Knit Cro-Sheen or Cronite Anchor thread in white; size 7 crochet hook. For small snowflakes: J. P. Coats' #20 six-cord crochet cotton in white; size 10 steel hook. For both sizes: sewing thread; starch.

Instructions:

Ch 5, sl st to first ch to form ring. *Rnd 1:* Ch 3 (counts as first dc), 11 dc in ring—12 sts.

Rnd 2: Ch 5, sc in next dc, ch 2, * dc in next dc, ch 2, sc in next dc, ch 2; rep from * 4 times, sl st last ch 2 to 3rd ch of ch-5.

Rnd 3: Ch 1, sc in same st as joining; ch 7, * sc in next dc, ch 7, rep from * 4 times—6 loops made. Sl st last ch 7 to first sc.

Rnd 4: Ch 1, in each loop around make 1 sc, 1 hdc, 7 dc, 1 hdc, 1 sc. Sl st to first sc.

Rnd 5: Ch 1, sc in same st, * sc in each of next 10 sts, ch 18, sc in next st, rep from * 4 times, sl st last ch-18 to first sc.

Rnd 6: Sl st in each of next 2 sts, ch 1, sc in next st, ch 6, skip 4, sc in next st, in next loop (loop is ch-18 of previous rnd) make 7 dc, ch 5, 7 dc, ch 5, 7 dc, ch 5, 7 dc, * skip 2 sts in next section, sc in next st, ch 6, sk 4 sts, sc in next st, in next loop make 7 dc, ch 5, 7 dc, ch 5, 7 dc, ch 5, 7 dc, rep from * 4 times. Sl st last dc to first sc. Fasten off. This makes half the snowflake. Rep for second half.

Dye 2 rounds for each snowflake in colors of your choice. Crochet cotton takes dye very quickly and thoroughly so simply dip rounds into hot dye for a minute or 2, then remove and rinse. Dry rounds; press, using hot iron.

Sew 2 rounds together into completed ornament by placing 1 round atop another with all loops matching and long loops at top and bottom. Sew pieces together by stitching down the center (top to bottom) and around the inside of 2 opposite loops.

For starching ornaments, dissolve 2 tablespoons starch in ¼ cup cold water; then add 1¾ cups boiling water. Saturate ornament; squeeze out excess starch. Lay ornament flat on a board covered with waxed paper. Stretch and pin points. When ornaments are thoroughly dry, peel sides of snowflake apart and press again with hot iron to form 4-sided snowflake.

TUZZY-MUZZY ORNAMENTS

Make dried flower nosegays using statice, baby's-breath, yarrow, strawflowers, and bachelor's-buttons. Trim with paper doilies and gold cord.

DYED BASKETS

Materials: Small purchased natural-colored baskets (from variety, party, or crafts stores); gold ribbon; paper lace edging; dried flowers.

Instructions:

1. Dip baskets into dye for a few minutes, then dry (do not rinse).

2. Line edge of basket with gold cord or paper lace; fill with flowers.

continued

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Unexpected taste



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5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report May 1978.

continued

Christmas crafts

LACE WREATH

Materials: Large lace doily with fabric center (to be cut out); plastic art foam board (from an art supply shop) 2 inches larger than doily; batting; muslin; tape; ribbon.

Instructions:

1. Dye doily the color desired, using dye formulas *above;* starch. Trace outline on foam core board; cut board ¼ inch outside traced lines.

2. Cover board with 2 layers of batting (cut to fit) and 2 layers of muslin (taped to back). Using small whipstitches and fine sewing thread, appliqué lace to front of board. Embellish wreath with ribbon bow.

LACE WINDOW TRIM

Using purchased paper doilies, cut away plain centers and mount lacy edges in windows. Trim or expand lace to fit. Use double-faced tape to secure.

LACE PILLOWS

Appliqué dyed lace doilies to fronts of plump muslin pillows. Add welting made from dyed fabric if desired. Embellish fronts with simple embroidery stitches.

LACE-TRIMMED DRESSES

Embellish simple old-fashioned dresses with dyed lace yokes, collars, cuffs, and other trims. We used Vogue pattern #2053 for women's dresses and McCall's pattern #1978 for child's dress.

DOLLS

The charm of these dolls lies in the appealing, old-fashioned quality of their features and coloring. This is achieved by carefully selecting subtle, natural-dyed-looking colors of yarn and floss for hair and features, and by rinsing all scraps of fabric and lace to be used for clothing in a dye bath to give them a coordinated tint. Use the dye formulas on page 194 or strong tea or coffee to color fabrics and laces. You also may wish to overdye print fabrics with light backgrounds.

Materials: ⅓ yd. muslin for body (for each doll); assorted fabrics and laces for clothing; #5 pearl cotton in peach (*or* old rose), beige, light and dark brown; sport-weight wool yarn for hair; fiberfill; embroidery needle.

Instructions:

1. Enlarge patterns, *right,* to size. Transfer to muslin.

2. Embroider features before cutting out head. Work mouth in peach or old rose satin stitches, nostrils in dark brown French knots, pupils in dark brown satin stitches, irises (outer circles of eyes) in light brown satin stitches, eyebrows and lines beneath eyes in beige chain stitches, and eyelid (lash) line in dark brown chain stitches.

3. Cut out pattern pieces. Stitch and stuff head, arms, legs, and body. Whipstitch head to body at neck, and arms and legs to body as shown on pattern.

4. For dolls' hair: wind ¾ of a skein of yarn lengthwise around a 3x12-inch piece of cardboard. Remove (without clipping) and machine stitch through center, making a part. (Bundle should be about 2½x12 inches.) Fold eight 6-inch pieces of yarn in half; tack to forehead at seam line for bangs. Trim at eyebrow level.

For brown-haired doll: Tack wig along center of head, using yarn to cover machine stitching. Spread loops of yarn down to base of head along sides and back; tack carefully and evenly to head with matching yarn, using a backstitch.

For "sausage curls," cut 30 strands of yarn, each 36 inches long. Bind both ends of this bundle, then twist tightly until bundle begins to curl on itself. Make 4 or 5 loops of this twisted bundle; tack to side of doll's wig at cheek level, concealing raw ends under strands of the wig. Repeat curls on other side of head.

For sandy-haired doll: Tack wig in place same as for brown-haired doll. Cut 39 strands of yarn, each 12 inches long. Divide into 3 bunches, braid tightly together, and tie ends with matching yarn. Fold braid in half and tuck folded end under wig at ear level; tack in place. Tack raw ends of braid under wig at eyebrow level. Repeat braid for other side of head.

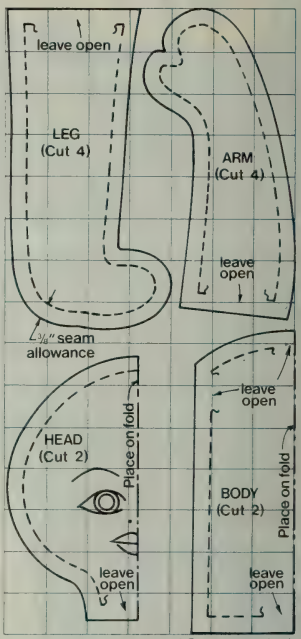
5. *To dress dolls,* make simple clothing from squares, rectangles, and strips of fabric and lace, using the photo as a guide. Stitch clothing directly onto doll, *or* make clothing removable.

For example, for the sandy-haired doll, whipstitch beige print fabric to front and back of body to form dress "bodice." For sleeves, cut beige voile 3½x7 inches; seam short ends. Turn under raw edges; gather and tack one edge to shoulder. Gather and tack other edge at elbow; border with band of 1-inch-wide lace.

For pinafore top, tack 1½-inch-wide lace across bodice; gather 2 pieces of 2¼x9-inch lace; tack over shoulders to form ruffled sleeves of pinafore.

Make slip from 7x14-inch piece of fabric, adding lace to bottom. For skirt, gather 8½x21 inches of fabric; for overskirt, gather 5x21 inches of lace. Sew both to ribbon waistband.

Finally, add ribbons and lace to neckline and waist to conceal all seams and raw edges, and tuck a few fake flowers into neck of doll's pinafore.



LACE FLOWERS

Materials: 7- to 20-inch strips of 1- to 2½-inch-wide lace dyed in colors of your choice; green plastic mum calyxes for flower bases; pearl white stamen; florist wire; florist tape.

Instructions:

1. Gather lace strips into tight circles. Wrap about 12 pearl stamens with long piece of wire; fold in half and pull down into middle of lace circlet. Slip calyx over wire to base of flower and wrap wire stem with florist tape.

2. Arrange lace flowers in crocheted baskets; add baby's-breath and fresh carnations.



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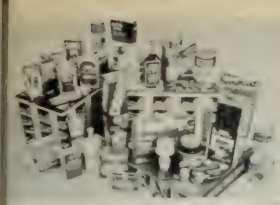
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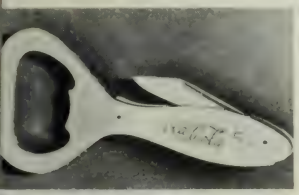
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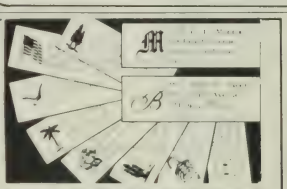
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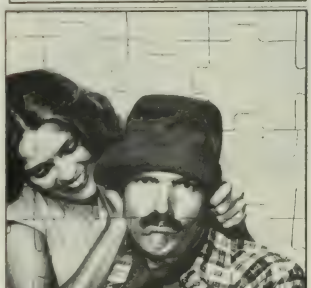


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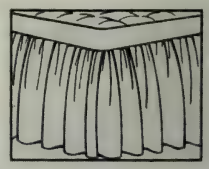
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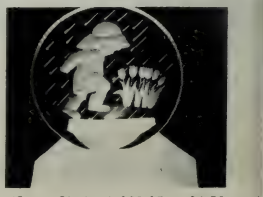
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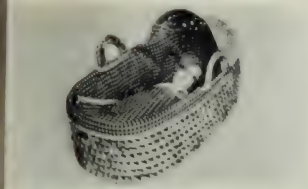


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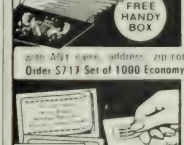
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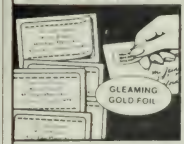
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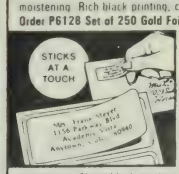
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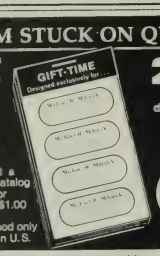
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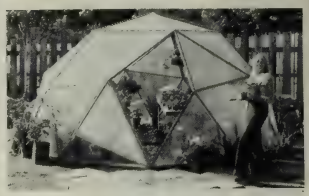
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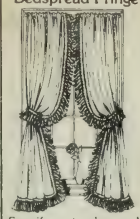
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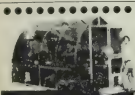


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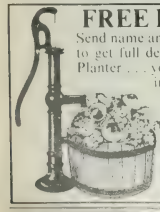


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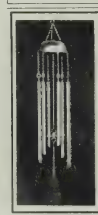
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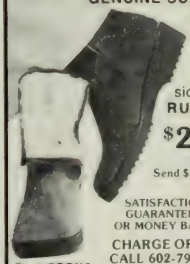
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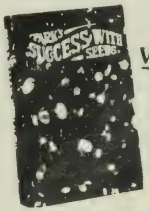
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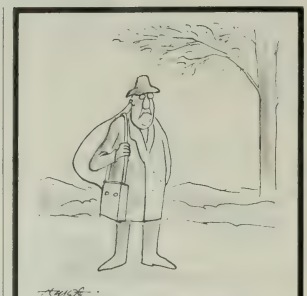
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Our Judy, age 11, is upset with the television programmers. She's concerned that if she sees any more Christmas specials, she won't be able to recognize the real holiday when it arrives.

Dick and Millie Dresch plan for every contingency. When their grandchildren receive mechanical toys and games for birthdays and holidays, the Dresches' son-in-law Bill gets the operating instructions and a supply of batteries.

Aunt Opal, one of Ma Bell's most enthusiastic customers, sounded overjoyed when we reached her by telephone yesterday. After being snowed in without telephone service for two days, she said she'd have traded all the groceries in the pantry for a good half-hour gabfest. Perhaps the telephone company should have an emergency system for compulsive talkers.



"This concludes your walking tour. You are 7.8 miles from your car. Thank you."

Several neighborhood playmates of the Randall kids found surprise "packages" at their doorsteps last week: fluffy little kittens with colorful ribbon collars. I don't question the generosity of the Randall youngsters in sharing the unexpected litter, but I'm not so sure about what motivated their parents, Liz and Ed.

Grandpa Hillis, in a mellow mood, says this is the sentimental season when memories of days long ago come wafting back—not to haunt us, but to caress us.



Christine says the library—in the spirit of the season—will offer full pardons to any procrastinating patrons who return overdue books before New Year's Day. Hmm—I wonder if the IRS would consider following suit for its delinquent "patrons"?

I don't know what the town traffic department thinks of it, but the new sign at the busy intersection down the street has attracted considerable attention. This is the hand-lettered message: "Caution: Reindeer crossing at 12 p.m. on December 24."

I must admit that I recoiled a bit when Judy asked me to play Santa Claus during her girl scout troop's visit to the nursing home. The thought of me trudging around in white whiskers and a red suit was more than I could bear.

However, my protests were no match for the combined onslaught of Judy, her friends, and Christine. Last Sunday after dinner I donned my garb—wig, beard, and velvet coat filled out with a substantial pillow.

At the nursing home the other performers—garbed as angels and elves—warmed up the audience with Christmas readings and sing-along renditions of familiar carols. Then I made my entrance as the grand finale.

To my amazement, the residents greeted me with enthusiastic applause and encouragement. To top that, I found I basked in the spotlight. I hope the real Santa will forgive me for hamming it up so much as I passed out the cookies, cards, and lap warmers the girls had made for all of the residents.

My reaction surprised me because I, along with a lot of other people, had become a bit jaded about the whole matter of Christmas. But after last Sunday I realize that no matter how much we lament the demise of the "old-fashioned Christmas," we can't let sour notes spoil what is still a uniquely joyous holiday. We all need Christmas very much.

Take it from Santa.

Burton Hillis